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JOHN LEAKE. M.D.

L. Wheaton,

MEDICAL INSTRUCTIONS

TOWARDS THE

PREVENTION AND CURE

OF

Chronic Diſeaſes

PECULIAR TO

WOMEN:

In which, their Nature is fully explained, and their Treatment clearly laid down, *diveſted of the Terms of Art*, for the Uſe of thoſe affected with ſuch Diſeaſes, as well as the *Medical Reader*.

TO WHICH ARE ADDED,

Preſcriptions, or efficacious Forms of Medicine, in Engliſh, adapted to each Diſeaſe.

By JOHN LEAKE, M. D.

Member of the Royal College of PHYSICIANS, London, and Phyſician to the Weſtminſter Lying-in Hoſpital.

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M.DCC.LXXXVII.

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TO THE

RIGHT HONORABLE

L A U R A,

COUNTESS

WALDEGRAVE;

THE FOLLOWING

MEDICAL VOLUMES

ARE

MOST HUMBLY

DEDICATED BY THE

AUTHOR.

LONDON,
Craven-ſtreet, Jan. 3, 1787.

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ON

MIDWIFERY, *and* DISEASES *incident to* WOMEN *and* CHILDREN,

Will commence the firſt MONDAY in each Month, during the Winter Seaſon, at his THEATRE in Craven-ſtreet, London, where Particulars may be known; or at the *Weſtminſter Lying-in Hoſpital*, where Female Pupils are duly qualified for Practice.

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INTRODUCTION.

TO examine and explode ſuch cuſtoms and vulgar errors as tend to prejudice the underſtanding and injure health; to point out the dangerous abuſe of powerful medicines, and afford women more competent ideas of their own diſorders, as well as the moſt gentle and effectual methods of treating them, is the intention of the following *Medical Inſtructions:* From thence they will be inabled to diſtinguiſh, whether ſuch complaints may ſafely be truſted to *Regimen* and *Simple Medicines*, or whether they are dangerous in their tendency, and therefore require more immediate aſſiſtance.

It would, indeed, be unneceſſary that women ſhould attend to phyſic in a methodical and ſcientific manner; the idea of every woman being her own phyſician, on all occaſions, is ludicrous in terms, and would be no leſs ſo in its application.

A few years ago, I publiſhed my PRACTICAL OBSERVATIONS on *Acute Diſeaſes*, ſoon after tranſlated into the *French* and *German* languages: The approbation with which they were publicly received was ſuch as might have done honor to a work of ſuperior merit, and I confeſs gave riſe to the following MEDICAL INSTRUCTIONS, a *ſixth Edition* of which, with my PRACTICAL OBSERVATIONS, in two volumes, I again have the pleaſure to lay before the Public, towards the prevention and cure of ſuch *Chronic* and *acute Diſeaſes*,

as

as obſervation and repeated experience have ſuggeſted to me from time to time.

Should the undertaking appear exceptionable to ſome, from the ſimplicity of its plan, which adapts it to *general comprehenſion, on the principals of common ſenſe*; I truſt there are many of diſcerning minds and diſintereſted views, who will diſtinguiſh better, and readily approve a deſign, the great objects of which are, the *Prevention of Diſeaſes and Recovery of Health*.

Throughout this firſt volume I have endeavoured to preſerve ſuch a regular ſucceſſion of circumſtances, as to render the whole plain and inſtructive. The firſt chapter commences with the treatment of diſeaſes proceeding from irregularity, obſtruction, or ceſſation of the periodical diſcharge; in the ſecond, the various diſeaſes of the uterus and contiguous

parts are amply considered, respecting their cauſe and cure; the third contains the curative method in diſeaſes of the ſtomach and bowels; nervous, and hyſteric affections, low ſpirits, and melancholy; *Dropſy*, and *Conſumption*. In the laſt, I have treated on diſeaſes of the ſkin and glands; influence of the paſſions on the body and mind; effects of weather on delicate conſtitutions; and the ſalutary power of *air*, *diet*, *exerciſe*, and *ſimple medicines*.

To the whole is added a SUPPLEMENT, with *Preſcriptions* or forms of medicine adapted to the ſeveral diſeaſes.

For ſeveral years paſt, ſince *I declined the Practice of Midwifery*, my attention has been more particularly directed to that branch of medical ſcience, which comprehends the nature and treatment of *Female Diſeaſes*; in conſequence of being Phyſician to the

WEST-

WESTMINSTER LYING-IN HOSPITAL*, where upwards of *ſix thouſand women* have already been relieved.

If, in the following ſheets, I have laid much ſtreſs on the ſalutary power of *Regimen* and *Simple Medicines*, it was from a thorough-

* Right Hon. Lord GROSVENOR, Preſident.

Duke of RUTLAND, Admiral, Lord HOOD, Hon. Gen. W. HERVEY, } Vice Preſidents. { Right Hon. C. J. FOX, Hon. T. GROSVENOR, Maj. Gen. Sir R. BOYD.

DR. LEAKE, of *Craven-Street*, in the *Strand, London*, A. D. 1765, purchaſed a Piece of Ground on a Building-Leaſe, on the *Surry* Side of *Weſtminſter-Bridge*, and afterwards preſented to the Public the *Original Plan* for the Inſtitution of this Hoſpital. Soon as the Building was raiſed by Public Subſcription, he voluntarily, and without any conſideration, aſſigned over his right of the above *Ground*, to the ſaid Charity. Being honored with the Patronage of ſeveral Gentlemen of *Rank* and *Diſtinction*, and favored with the aſſiſtance of his *Friends* and the Public, which he is deſirous moſt reſpectfully to acknowledge; he at laſt had the ſatisfaction of ſeeing this charitable deſign carried into Execution after the repeated exertion of his utmoſt endeavours to that end.

This HOSPITAL was principally deſigned to relieve the *Wives of poor induſtrious Tradeſmen*, and alſo for thoſe of *Soldiers*

thorough conviction of their efficacy, and becauſe experience aſſured me they afford the moſt gentle and natural means of curing *Chronic Diſeaſes*.

Soldiers and *ſailors:* But Repreſentation having been made to the Governors, of the many ſevere Hardſhips which *unmarried Women* undergo, who on that account are rejected elſewhere; they unanimouſly reſolved to receive ſuch as are found to be *Objects of real Want*, not doubting that this Reſolution, which is *founded in Humanity*, will meet with the countenance and approbation of the Public; many melancholy Inſtances having occurred, where unfortunate Women, overwhelmed with Shame, and deſtitute of hope, money, or friends, have been driven to *Deſpair* by ſuch complicated Miſery, and were tempted to *deſtroy themſelves or to murder their Infants!* But leſt the perverſion of this Deſign ſhould tend to encourage Licentionſneſs, they have limited the Indulgence to the *Firſt Time only* in which ſuch Women have been unwarily ſeduced from the paths of Virtue.

Into this HOSPITAL, tho' yet in its Infant Sate, upwards of *Six Thouſand* Women have already been admitted. *Several* have been *Delivered at their own Habitations*, without *Fee* or *Reward*, and many recommended as *Out-Patients*, for Relief *in Diſorders peculiar to the Sex*.

*** Subſcriptions are received at Meſſ. Drummonds and Co. Bankers, Charing-croſs; and by the Weekly Board, every Tueſday, at the Hoſpital, *where a Printed Account of the preſent ſtate of the Charity may be had at large*.

They

They have a ſlender title to medical knowledge, who limit the treatment of ſuch maladies to the ſole uſe of medicines; and it ought to be remarked, that there is not any thing to be conſidered *medicinal* which does not relieve or cure, however dignified by particular names importing its ſuperior efficacy; and, on the contrary, ſhould the diſeaſe be removed by *Air*, *Diet*, and *Exerciſe*, or the moſt innocent *Vegetable Simple*; they are then to be looked upon as medicines, to all intents and purpoſes.

Little having been ſaid of *Female Diſeaſes* in a practical and intelligible manner, I thought the preſent undertaking more neceſſary; for although *Tiſſot* in his Advice to the People, and *Buchan* in his Domeſtic Medicine, have written excellently and judiciouſly on diſeaſes in general; they have, in a great meaſure, omitted thoſe peculiar to women,

women, except ſuch as ariſe from obſtructed menſes, pregnancy, and child-birth.

The celebrated *Van Swieten*, late phyſician to their imperial Majeſties; *M. Rouſen*, phyſician to the King of *Sweden*; together with *Arbuthnot*, *Fuller* and *Cheyne*, who have all written on the ſame liberal and ſimple plan, ſhew, that reſpectable precedents are not wanting on this occaſion, and conſequently, that no apology can be neceſſary for my preſent undertaking.

With ſuch, indeed, as are to profit more from the adminiſtration of medicines, than by enforcing the *benefits of Regimen*; it may appear a very unpopular taſk to ſhew the abuſe of one, or good effects of the other; but demonſtrable truths ought to carry conviction with them, whether they are for our intereſt or againſt it. If ſome are to be found who cannot aſſent to this opinion, I hope the number is ſmall.

To

To follow what we diſapprove, and act in contradiction to our own feelings, to be afraid of doing juſtice and ſpeaking truth, argues the moſt temporiſing and ſlaviſh conformity to cuſtoms, "more honored in the "breach than the obſervance." I can ſay with great truth, that I have long thought ſomething like the following work might be productive of general good, and that nothing, in my power, has been wanting to make it anſwer that deſirable and important end.

Were women as attentive to the ineſtimable Bleſſings of Health, as the capricious extremes of novelty and faſhion, it would be fortunate for themſelves and their offspring; but as this is rather to be wiſhed than expected, it may be neceſſary to put them in mind, that although Health does not altogether conſtitute Beauty; Beauty is the Child of Health, and cannot long exiſt without her parental influence. In vain they would ſtrive to preſerve one, without due re-

gard

gard to the other: *the great ſecret of improving Beauty conſiſts in the art of preſerving Health:* 'Tis that which animates and lights up the countenance with expreſſive ſmiles, which touches the lip with vermilion, and diffuſes o'er the cheeks a freſhneſs and vivid glow ſurpaſſing Circaſſian bloom. It gives ſweetneſs to the breath, and luſtre to the eye; but let ſickneſs and diſeaſe overſhadow the beauteous form, and its appearance is no longer retained; the ſnowy whiteneſs of the ſkin is exchanged for a ſallow hue, the luſtre of the eye is tarniſhed, and the blooming cheek will fade! Is it not then to be lamented, that the true value of Health is ſeldom ſufficiently regarded, till it is either impaired, or irretrievably loſt?

Was it further neceſſary to ſhew the importance of Health, and its eſtimation among the wiſeſt people in all ages; we need only take a view of the means they deviſed to attain it.

In

In the infancy of phyſic, the *Ægyptians* and *Chaldæans* firſt introduced the method of placing the ſick in public ſtreets and highways, in order to receive information from travellers paſſing by, in what manner they had been cured of the like diſeaſes. *Herodotus* tells us, the *Babylonians* obliged themſelves by a law to obſerve the ſame wiſe cuſtom. In *Greece* it alſo prevailed, where offerings on *votive tables* were hung up in the temple of *Æſculapius* the God of phyſic, whereon the name of the diſeaſe and medicines which cured it were engraved and recorded for the public good. From thoſe rude outlines, the venerable *Hippocrates* collected his *Aphoriſms*, ſo juſtly admired for ages, and delivered down to poſterity as the very baſis of true medical knowledge.

When we look back on the ſlender cauſes which gave riſe to the nobleſt productions of *nature* and *art*, we need not be ſurpriſed,

ſurpriſed, that by ſuch information, great advances were made in the method of curing diſeaſes. Thoſe who practiſed in this ſimple manner, were not deluded by *theory* or *hypotheſis*, but judged from the evidence of their own eyes, taking it for granted, that what had cured one, might prove equally beneficial to another, under the like circumſtances; and it may be remarked, that knowledge thus experimentally acquired, is more genuine, and leſs fallacious, than what we obtain by more elaborate means.

It ought not therefore to be ſlighted becauſe it ſprings from humble ſources, but rather ſhould be conſidered like gold in the mine, which lies buried with baſer metals, and often is brought to light by mere chance, after human induſtry had ſought for it in vain.

In this manner, the lord of the creation, with all his boaſted reaſon, has often been obliged to borrow information from the

beaſts

beaſts of the field, and birds of the air; according to the elegant Poet of the following lines.

"Thus, then to man, the voice of Nature ſpake,
"Go, from the creatures thy inſtruction take:
"Learn from the birds what food the thickets yield;
"Learn from the *beaſts* the phyſic of the field;
"Thy arts of building from the *bee* receive;
"Learn of the *mole* to plough, the *worm* to weave;
"Learn of the little *nautilus* to ſail,
"Spread the thin oar, and catch the driving gale."

POPE.

After the diſcovery of a new world in *America*; the virtues of many vegetables were made known by the native ſavages to the *Europeans*, who by their ſuperior ſkill in phyſic, greatly extended and improved the uſe of thoſe ſalutary medicines; but as we have not a *Specific* for every diſeaſe, like the *Peruvian Bark* for the cure of intermittent fevers; 'tis evident, that great judgment is neceſſary, to make one and the ſame medicine anſwer many different intentions of cure.

The

The element of *fire*, if uſed with diſcretion, will warm and cheriſh the body, but immoderately applied, it becomes deſtructive; and *wine*, the moſt generous of cordials, which exhilerates and makes the heart glad, if taken in exceſs, will benumb the ſenſes, and turn the man to beaſt.

Like thoſe perverted bleſſings, are *powerful medicines* when miſapplied; for, that ſovereign remedy the *Peruvian Bark*, and the almoſt divine powers of *Opium*, are in their own nature the ſame, whether in the hands of the ignorant or ſkilful; altho' the difference of their effect will be very great, according to their proper or improper uſe. It is not, therefore, only the thing itſelf, but alſo its uſe or abuſe, which conſtitutes the *remedy*, or *poiſon*.

That ſagacious and incomparable phyſician, *Sydenham*, whoſe ſkill was equalled by nothing ſo much as his exceeding honeſty, after long and extenſive experience, at laſt com-

compriſed all his medical knowledge in his *Proceſſus Integri*: This valuable production he carefully drew up for the uſe of his ſon, but in a plain and ſimple ſtyle, ſuch as beſt becomes the truth.

By diligent and repeated obſervation, he diſcovered what his envious co-temporaries could not before find out, with all their pretended ſubtilty and acuteneſs of reaſoning; namely, that the free and unlimited uſe of *Freſh Air* and *cold Fluids* were indiſpenſably neceſſary in the *Small Pox*; and that the contrary method was the ſure way to kill the patient, altho' in his time it was the prevailing practice. This I mention to ſhew the ſuperiority of practical knowledge, and the fallacy of thoſe who expect to cure diſeaſes without it; as well as to demonſtrate the power of *Cooling Regimen*, which did more in ſubduing that deſtructive diſeaſe, than all the *Materia Medica* put together.

If

If the efficacy of *Regimen* is ſo very apparent in *Acute Diſeaſes*; the propriety of its uſe in maladies of the *Chronic Kind* muſt ſtill be more evident; for as they are attended with leſs immediate danger; it may be longer continued and varied, according to the nature of particular circumſtances, in ſuch a manner as to produce a gradual, laſting, and ſalutary change in the bodily ſyſtem; eſpecially when aſſiſted with *mild and ſimple Medicines.*

Inſtead of this rational method of proceeding; a *Farrago*, or unnatural hodge-podge, is often directed for the patient, where many ingredients of contrary qualities are jumbled together, in ſpite of their own enmity to each other. The jarring elements of *Fire* and *Water* might as well be expected to agree. But, even admitting the efficacy of the ſeveral ingredients when ſeparately conſidered; according to ſuch modes of preſcription, there

is

is generally too ſmall a quantity of any one of them, to make it act with ſufficient power.

What then is to be expected from thoſe compoſitions, which, either conſidered in whole or in part, exclude every idea of anſwering their propoſed end? But ſhould the event prove favourable, it would be impoſſible to determine which of thoſe ſeveral ingredients was moſt conducive to the cure, conſequently, no improvement could from thence be made in the art of healing. Such mixtures are well calculated to keep both patient and preſcriber in profound ignorance of what is productive of good, if fortunately ſuch ſhould be their effect: They may indeed, as uſual, be ſaid to be made *according to Art*, for nature has nothing to do with them.

From whence this extraordinary fondneſs for compound medicines could proceed, is not eaſy to diſcover; without it was,

from our ignorance of the true qualities of *Simples*. Why ſhould we attempt to do that which nature with her own ſalutary hand, and more than chemical exactneſs, has done much better? for every plant is, in reality, a compound of *Oil*, *Spirit* and eſſential *Salt* differing in ſpecific quality, according to the proportion of thoſe principles.

Such ſubſtances then are already prepared for the purpoſes of medicine; but if we torture and disjoin their parts, we defeat the intention of nature, by making them what they were not before; and thus *convert natural medicinal ſubſtances, into dangerous artificial poiſons.*

The *Bitter Almond*, for example, contains both a *Poiſon* and its *Antidote*; for, in its natural ſtate, it may be taken as nouriſhment with the greateſt ſafety, but only ſeparate from it the two ſorts of *Oil*, of which it is poſſeſſed, the one from its huſk or membrane,

membrane, by diſtillation; the other from its white or mealy part, by preſſure; and we ſhall find that ten drops of the firſt, in an ounce of water, will kill a dog in half an hour; whilſt on the contrary, the other is friendly to the conſtitution, and affords wholeſome nouriſhment.

Surely there is a nearer road to the cure of *Chronic Diſeaſes*, than by the ſtomach and bowels, from what are called medicines: But the wide-extended path of nature is often deſerted, whilſt men are ridiculouſly employed in making their way thro' narrow avenues beſet with briars and thorns; and ſo long as they profit largely by this kind of labour, 'tis no wonder, that now and then they ſhould be tempted to go a little about.

Whatever benefit is ſuddenly produced by the effects of ſtrong medicines, is generally done with ſome degree of violence to the conſtitution, and is ſeldom laſting; whereas, *Air*, *Diet*, and *Exerciſe*, do not

like the former, affect particular parts of the body and for a ſhort time only; but are always acting upon the general habit in a natural, uniform, and gentle manner. Thoſe remedies do not pall the ſtomach and ſubject the patient to any ſevere penance; but, on the contrary, increaſe the appetite, ſtrengthen, invigorate and chear the ſpirits, promote a free and equal diſtribution of the blood through its veſſels, as well as the ſeveral diſcharges depending upon a due circulation.

Diſeaſes which are ſlowly produced, can only with ſafety be ſlowly taken away; and few I believe will oppoſe a truth ſo manifeſt, or deny that this purpoſe is beſt effected by *Air*, *Exerciſe*, and a *medicated Diet*. Thoſe are the *Grand Alteratives* in nature's Diſpenſatory, thoſe the mild but *powerful Simples*, which in due time will produce a ſalutary and laſting change; attended with circumſtances which cannot fail to recom-

mend

mend them, viz. they may be *beneficial to all* and can be *hurtful to none.*

In general, *Chronic Diſeaſes* are the offſpring of intemperance and irregularity of the paſſions, which, by weakening the nervous influence, impair both appetite and digeſtion, and render the natural diſcharges of the body irregular and defective.

To thoſe cauſes may be added ſome others ariſing from an hereditary taint, or acute diſeaſes terminated by an imperfect criſis. The too frequent and unſeaſonable loſs of blood by the lancet, or prepoſterous uſe of ſtrong medicines, as *Vomits, Purges, Mercury*, and the like, may alſo lay the foundation of ſuch diſeaſes.

Diſeaſes peculiar to certain places, which are therefore called *endemial*, as well as thoſe prevailing in different nations and climates; or according to the nature of people's various employments and manner of living, all evidently ſhew, how much the health may ſuf-

fer from cauſes always preſent to the body, and inſenſibly acting on the conſtitution.

From this obvious and ſelf-evident principle we may expect to prevent, or cure, the moſt obſtinate *Chronic Diſeaſes*, by the long continued uſe of *Regimen* and *Simple Medicines*, which being regularly continued without violence to the conſtitution, have the power to produce in the body a gradual, and as it were, a mechanical change.

In ſhort, if the damp, unwholeſome air of particular places, has been found to occaſion *Agues* and *Dropſies* peculiar to ſuch ſituations, as in the *Fens of Eſſex* and *Lincolnſhire*; if a total abſtinence from freſh vegetables, and the exceſſive uſe of ſalt and ſmoke-dried animal food, or living in low, marſhy places contiguous to the ſea, have, in a thouſand inſtances, been known to produce the *Scurvy*; and if a ſedentary, inactive life, has been obſerved to enervate the body, bring on indigeſtion, paralytic numb-

neſs

neſs and waſting of the limbs, hyſterics and melancholy; it will then follow, from the principles of common ſenſe, that the uſe of dry, clear air, ſimple vegetable food, and moderate exerciſe, will not only prevent, but alſo powerfully contribute to cure ſuch diſeaſes; ſince thoſe may be all uniformly applied to the body, and will conſtantly act on every part of the whole, in a manner directly oppoſite to the morbid cauſes.

Thoſe are the *great and univerſal Remedies* which nature calls to her aid in the cure of diſeaſes: They are not, like particular ſubſtances, taken from a changeable *Materia Medica*, the medicines of to-day and to-morrow, but will permanently continue to exert their ſovereign power, to the end of the world. How different is the fate of many things which ignorance and ſuperſtition, or the exceſſive caprice of mankind, had, for a ſeaſon, ſtamped as genuine and infallable? For as the hand of time ſhall

ſhift the ſcene, and tyrant cuſtom prevail; many of thoſe very medicines and modes of practice, which have ſo much captivated their enamored votaries, like others which went before them, will be viewed by poſterity as airy nothings, the very baubles and bagatelles of the ſcience.

I would not from hence be underſtood to mean that *Regimen* ſhould entirely *ſuperſede the uſe of Medicines*; on the contrary, I know they are often abſolutely neceſſary and highly beneficial. But it is much to be regretted, that many inſignificant trifles have been introduced into practice, and were much confided in, whilſt *Regimen* was neglected and ſet aſide. The preſervation and recovery of health rather depend on temperance and the regulation of the paſſions; the proper choice of medicated aliment, the common benefits of freſh air, and exerciſe, than the frequent adminiſtration of medicines.

Whatever

Whatever is too ſubtle for the comprehenſion of moderate underſtandings, or minute for the eye of common ſenſe, promiſes but little advantage in the attainment; for it may be aſſerted as a general truth, that the moſt uſeful part of every ſcience is obvious and ſtriking at firſt view. Many of thoſe which formerly were myſterious and abſtruſe, when ſtripped of their pedantic buckram and ſoppiſh parade, became intelligible to common capacities.

The ſublime ſcience of *Aſtronomy* has been made eaſy of acceſs by that elegant writer and polite Philoſopher *Fontanelle*. *Geography* and *Natural Hiſtory* have alſo been laid down on the moſt ſimple principles; and I can ſee no reaſon why *Phyſic* may not likewiſe venture to ſpeak in plain and intelligible terms. The *Spectator* remarks; "*It* "*is one of the greateſt beauties of Poetry,* "*to make hard things intelligible, and to de-* "*liver what is abſtruſe of itſelf in ſuch eaſy lan-*

"*guage*

" guage as may be underſtood by ordinary rea-
" ders." If this is a merit in poetry, ſurely it is much more ſo in medical writings, where the reader is in purſuit of uſeful inſtruction rather than amuſement.

The general intereſt of the medical art can never ſuffer by ſuch proceedings; for, by informing the minds of men with juſt ideas of its true nature, and ſhewing, that like other ſciences, it is limited in extent, many unreaſonable prejudices would be obviated or removed.

They would not then complain of diſappointment in being cured of diſeaſes abſolutely incurable; but, on the contrary, would be taught to know, that by proper rules and cautions, ſome diſeaſes might certainly be prevented, that ſeveral might be perfectly cured, that ſome could only admit of relief, and that others, from an internal decay of the organs or inſtruments of life are, in their own nature, utterly incurable,

curable, without the phyſician was poſſeſſed of power to create new parts where the old ones were worn out and deſtroyed.

Beſides, a competent idea of this ſubject would enable them to diſtinguiſh modeſt merit from preſuming ignorance, and to form a proper judgment of ſuch as are fitteſt to be intruſted with the care of their health, independent of mere names in vogue, to which accident, or more exceptionable cauſes, have often contributed not a little. In a word, the credit of medical ſcience, and the intereſt and honor of thoſe who profeſs it, can never be more properly ſupported, than by ſuch liberal and direct proceedings as tend to the immediate relief of thoſe who employ them, whether that is to be done by the adminiſtration of medicines, the uſe of *air*, *diet* and *exerciſe*, or the united powers of the whole.

Health is ſo important a bleſſing, that people are intitled to the beſt information they

they can get concerning it, and to the privilege of ſeeing with their own eyes; inſtead of being hoodwinked and led blindfold by the deluſive promiſes of advertiſing quacks with borrow'd names, impoſtors, and *water-doctors*, who pretend to diſcover the face of the diſeaſe on the ſurface of urine, as in the very mirror of truth, but in reality ſee nothing there ſo clearly as the patients ignorance and their own gain.

In the common concerns of life, people generally examine what they intend to purchaſe with a penetrating eye; but in the important article of health, their diſcernment often forſakes them; for very ſenſible minds are obſerved to be not a little influenced by the example of the multitude, and inſtead of judging properly for themſelves, or confiding in thoſe who, from principles of honour, are ſparing of their promiſes; they weakly put their truſt in ſuch as deal in promiſes only.

The

The medical ſcience, as to its propoſed end, is the moſt noble and uſeful of all others, having nothing leſs for its object than the Preſervation and Recovery of health, which is the very baſis of human happineſs; for ſickneſs and diſeaſes not only rob us of all enjoyment, but, at laſt, of life itſelf. If the means by which it ought to be effected have ſometimes been abuſed, that is not a fault of the ſcience, but of thoſe who are unworthy to profeſs it.

The uſeful part of medicine ſtands in no need of a maſk to cover its real form; the more it is unveil'd, the more its native excellence will be diſplayed; but where it has made uſe of meretricious arts to delude and ſeduce the unwary, let it be ſtripped of ſuch tinſel ornaments, and ſtand expoſed to open view.

In the following *Medical Inſtructions*, I have drawn into a narrow compaſs, all that appeared to me truly uſeful and intereſting

in

in the prevention or cure of *Female Diſeaſes*; and, although I availed myſelf of whatever contributed moſt to that deſign; I have throughout the whole, principally depended on *ſuch experimental facts as occurr'd to me in practice.* All nice and perplexing diſtinctions relative to remote, morbid cauſes, or quotations from authors which would have rendered this work tedious, have been omitted as foreign to my deſign.

The ſubject demanded a ſtyle the moſt ſimple and plain to make it more univerſally underſtood, for, to write in a manner unintelligible, would, in effect, have been the ſame as not writing at all. I have therefore been obliged to exclude many terms of art, and adopt others leſs elegant, which was a real diſadvantage to the language; indeed, I often found myſelf not a little embarraſſed between the extremes of indelicacy and obſcurity, both which I was moſt ſolicitous to avoid.

Not-

Notwithſtanding this work was principally intended for the *Female Sex*, many of whom are too far from proper advice, or unable to pay for it; I am inclined to think it will merit the peruſal and attention of more competent judges, being part of ſuch doctrines as I have advanced in my *Public Lectures*, and adopted with repeated ſucceſs in the courſe of ſeveral years practice. It will afford uſeful and neceſſary information to thoſe engaged in the ſcience of midwifery, or to ſuch as deſire a thorough knowledge of the female conſtitution and the true nature of its various diſeaſes; which *being alternately the effect, as well as the cauſe of obſtructed or redundant menſes*, are of all others, the moſt complicated and difficult to cure.

From this peculiarity in ſuch maladies, they have often been imperfectly underſtood and injudiciouſly treated; conſequently, without proper advice can be had, it would be better to let nature take her own courſe,

courſe, than intruſt her to the conduct of thoſe who are blind. This caution is more neceſſary, as daily inſtances occur in this great city where women, from falſe delicacy or culpable reſerve, commit themſelves to the care of thoſe who have no adequate idea or real knowledge of ſuch diſeaſes; As they ſee no danger, they think none is to be feared, and therefore, often venture on the uſe of the moſt powerful medicines, which, although good in themſelves, become liable to the moſt fatal abuſes, by their inconſiderate and improper application.

Much pains have been taken to cure diſeaſes, but very little to prevent them; although the laſt intention depends as much upon rational and certain principles, and may be as properly reduced to an art as the former.

If the *cure of diſeaſes* is a thing of great importance to the general good; the *art of preſerving*

preſerving health is matter of ſtill greater moment; for, many diſeaſes, eſpecially thoſe of long continuance, do not always admit of cure. They may not indeed prove ſuddenly deſtructive, but the conſtitution receives a ſhock from every attack which weakens the ſprings of life, and takes ſomething from its length of days.

Although it is not ſo much the intereſt of the profeſſion to prevent diſeaſes, as to cure them, it is equally their province and duty; and if attention was paid to this branch, by means proportioned to the end, they would probably be more ſucceſsful in the firſt, than laſt; yet ſuch is the fatality of medical ſcience in what concerns the *Prophylaxis* or *prevention of diſeaſes*, that many ſalutary rules and cautions, tending to the preſervation of health, are either blindly overlooked, or neglected; and many pernicious cuſtoms ſtill retained, to its manifeſt injury.

The ſource of this error ſeems to ariſe from people not being duly ſenſible of the value of health, till they have loſt it, and the evils they might certainly avoid on this occaſion; for, in general, medical advice, and the ſervices that might reſult from it, are undervalued and diſregarded, on the mere preſumption that the diſeaſes they are ſaid to have prevented, would probably never have happened. But if intemperance and neglect are known to deſtroy health; temperance and prudent caution will as certainly preſerve it. *Valetudinarians* would therefore act a friendly part to themſelves, in ſuppoſing a Phyſician as much entitled to reaſonable gain, for laying down rules towards the preſervation of health, as he who ſhould preſcribe medicines with a view to reſtore it.

If ſome faults, therefore, fall to the ſhare of the medical profeſſion, others may as juſtly be imputed to many who employ them.

them. Very unreaſonable advantages are ſometimes taken of the moſt liberal and diſintereſted conduct. The viſits of a Phyſician, or attendance of an Apothecary, are often requiſite, when the firſt finds it unneceſſary to preſcribe medicines, or the laſt to prepare them.

There are ſeaſons when they ought to be diſcontinued as well as adminiſtered, and every one who has judgment and probity will duly regard ſuch diſtinctions; but this cannot poſſibly be done without ſeeing the patient from time to time; conſequently, viſits made on thoſe occaſions being equally important to their ſafety, ought not to be diſregarded; and it is a real hardſhip that thoſe whom honeſty forbids to direct medicines, where none are neceſſary, ſhould ſuffer in their intereſt on that account.

It would be affectation, as well as ingratitude in me to regard with indifference the diſtinguiſhed marks of public approbation, however unmerited, which

the former editions of these Medical Instructions have been received, notwithstanding the puny efforts of selfishness and prejudice. If I have had much trouble in preparing them for publication; the pleasure I have sincerely felt, in rendering them serviceable to the community, has been a sufficient recompence.

CHAP.

CHAP. I.

SECTION I.

Of the Periodical Diſcharge peculiar to Women, in its natural ſtate, commencing at the age of maturity.

TOWARDS a more perfect knowledge of *Chronic Diſeaſes* incident to women, and as an introduction to their treatment and cure, it will be neceſſary to explain the nature of that periodical diſcharge which commences at the age of maturity.

A minute diſcuſſion of the many ſpeculative points and contraverted opinions mentioned by authors, would rather embarraſs

and perplex, than inſtruct the female reader, it will be ſufficient to lay before her ſuch plain and obvious circumſtances as afford a general idea of the ſubject, and tend to diſpoſſeſs her mind of thoſe prevailing errors, which might otherwiſe influence her conduct to the prejudice of health.

First then, it ſhould be remarked, that a woman's conſtitution is endowed with the power to prepare a larger quantity of vital fluid called *blood*, than is neceſſary for the immediate ſubſiſtence of her own body; the overplus being intended for the nouriſhment of her child in the womb; and leſt it ſhould over-fill the veſſels and incommode her conſtitution, when ſhe is not pregnant, provident nature has ordered it off by the womb once a month; it is therefore properly called the *Menſes* or *Monthly Diſcharge.*

'Tis evident that this ſuperfluous blood was intended for the ſervice of the infant,

becauſe

becauſe, both in *pregnant women and nurſes who give ſuck, the menſes are naturally wanting*: In the firſt they are conſumed by its growth in the womb; in the laſt by milk drawn from the breaſts, thus depriving the conſtitution of a conſiderable quantity of that nouriſhing fluid which otherwiſe would have been converted into blood, ſo as to produce the periodical diſcharge.

No other ſatisfactory reaſon can be aſſigned, why the monthly evacuation ſhould come on at the age of maturity, and ceaſe in the decline of life; or even why did it not appear in the infant ſtate and continue periodically even to extreme old age; ſeeing that the ſtructure of the womb, and diſtribution of its veſſels, are nearly alike in both. It has, indeed, been aſſerted, that before maturity the blood is gradually conſumed by the growth of body; but this is too ſuperficial a reaſon to deſerve attention, be-

cauſe the body continues growing long after menſtruation.

From thoſe circumſtances, it becomes manifeſt, that the firſt appearance of the menſes denotes the age of maturity, and ſhews that the female is in a capacity to produce her ſpecies according to the ſtated law of nature; and agreeable to this obſervation, women have ſeldom been known to conceive before their commencement, or after their total ceſſation. When they bring forth children at a very late or early period, they are uſually unhealthy, ſhort lived, and like untimely fruit robb'd of its nouriſhment, wither and die before they arrive at maturity. The ſame defect may be obſerved in the ſeminal principle of vegetables, for their unripe ſeed will never produce vigorous plants.

In this country the periodical diſcharge generally comes on about the age of fifteen, and in healthy ſubjects returns every twenty-eight

eight or twenty-nine days; that is every lunar month, till about the age of forty five; but its long or ſhort duration chiefly depends on the date of its firſt commencement; for in proportion to its early appearance, it goes off the ſooner, and ſo on the contrary. It uſually continues for the ſpace of three or four days, the quantity then evacuated varying conſiderably in different women, according to their age, climate, difference of conſtitution, and manner of living.

In the warm ſouthern climates of *France*, *Portugal* and *Italy*, I obſerved it came on at a more early period, and was more regular and profuſe than in colder countries. In the icy regions of *Lapland*, we are told, that many women only menſtruate in ſummer. In the firſt of thoſe places they begin to breed much ſooner, and are more fruitful than in the laſt. It has been remarked of old, that the *Scythian* women were often

barren,

barren, becauſe they had ſo ſmall a quantity of the menſes; and for the ſame reaſon thoſe of *Greenland* are ſeldom very prolific, having uſually no more than two or three children, but oftener, one or two, and frequently none at all. Hence it may be obſerved, that animal, as well as vegetable bodies, are conſiderably influenced by the nature of the climate where they are produced.

Conformable to thoſe obſervations, we find that women in our own country, being *irregular* or *obſtructed*, are either barren, or bring forth a puny race of children; and on the contrary, thoſe who have a more copious and regular flow of menſes, are generally fruitful, and bleſſed with a numerous and healthy offſpring.

The prudent conduct of women, at this critical juncture, when a kind of revolution is brought about in the conſtitution, is of the utmoſt importance to their own future health, as well as that of their offſpring;

ſpring; the very production and well being of which depend upon the due returns, and a ſufficient quantity of the periodical diſcharge.

The following ſymptoms of the monthly indiſpoſition will beſt point out the time when ſuch cautions are proper and neceſſary. A few days before, the breaſts grow larger, the patient has pains in her loins, with a ſenſe of weight and fulneſs in the uterine region. Sometimes a giddineſs of the head with retchings attend, and I have ſeen inſtances, where hyſterical ſymptoms alſo prevailed. But although thoſe and many other complaints of the like nature are troubleſome to women at this period, they uſually go off on the firſt appearance of the diſcharge.

Women at this time ſhould avoid as much as poſſible, all ſuch cauſes as diſturb the body or mind. The bowels and feet in particular ſhould be kept warm, and care

taken

taken not to ſit in wet cloaths, or expoſe themſelves to a ſtream of cold air near open doors or windows. Late hours, anxiety of mind, or the extremes of anger and ſudden fear, are alſo highly pernicious.

Their food ſhould be ſimple, and rather of the fluid than ſolid kind. They ſhould abſtain from cold liquors, acid, and unripe fruits; and therefore, iced-water, auſtere cyder, port, rheniſh or other wines of an aſtringent quality, are to be avoided as improper.

If ſome at this time are ſo happy as to perceive very little alteration from a ſtate of perfect health, notwithſtanding their neglect of ſuch ſalutary rules and cautions; it may be truly ſaid, they are more indebted to the ſtrength of a good conſtitution, than to their own prudent conduct; the want of which has often laid the foundation of incurable diſeaſes, and in the end deprived the patient of life.

For

For ſuch as menſtruate with pain and difficulty, it would be proper gently to open the body by *Magneſia*, and afterwards to take one of the *Anodine Pills*, no. 1. every night, or oftener if neceſſary, and to keep in bed till the ſymptoms of violence are over.

So great and remarkable is the change produced in the female habit, towards the firſt commencement of the menſes; that ſome obſtinate and long-continued diſorders have then been known to abate or totally diſappear, eſpecially *Convulſions* and the *King's Evil*, altho' they had before reſiſted the efficacy of the moſt powerful medicines. Hence it is evident that this is the proper ſeaſon to aid the powerful efforts of nature, by the timely aſſiſtance of art; a circumſtance of the utmoſt conſequence to the patient's future welfare, tho' generally overlooked or diſregarded.

Was this favourable opportunity duly attended to, and proper medicines directed; probably

probably thoſe, and other diſeaſes of the like nature, might be effectually removed, which by neglect, and length of time, become ſo diffuſed through the blood, and interwoven with the ſolids, as to continue during life, without the poſſibility of cure.

The periodical diſcharge is not ſanious or malignant, as many have ſuppoſed, but a ſanguineous fluid, equally pure with that circulating in the blood-veſſels; otherwiſe it would have been very unfit to nouriſh the child in the womb, whoſe body is, as it were, built up by the redundant blood retained in the mother's conſtitution, during pregnancy, for that ſpecial purpoſe.

Women needs not, therefore, look upon this critical evacuation, as the monthly taſk of nature to purify the blood; but only conſider it expedient to prevent overfulneſs of the veſſels, which will be more particularly remark'd in the next ſection.

The

The error of the ancients ſeems to have taken riſe from a paſſage in the *Moſaic Law*, forbidding all commerce between the ſexes till after purification by ablution or bathing, a cuſtom which ſtill prevails among the Jewiſh and Eaſtern women; and inaſmuch as it is founded in delicacy and contributes to health, deſerves the imitation of women in general, however diſtinguiſhed by country or religion. In this particular the *Italian* Ladies, who firſt introduced the *Biddeau*, deſerve the higheſt commendation.

From the relation of travellers, who tell us, that among the ſavage women of *Topinambos* and thoſe of *Tapnias* in the *Brazils*, the menſes are almoſt totally wanting; ſome have too haſtily concluded that this diſcharge does not neceſſarily ariſe from the inſtitution of nature, but rather is the effect of luxury and exceſs, prevailing in the more civiliſed parts of *Europe*, which pervert and change the original ſtate of the conſtitution.

But

But we need only take a review of the particulars already advanced, to ſhew the fallacy of this opinion, and to prove that in the human ſubject, at leaſt, the periodical diſcharge is eſſential to the female conſtitution, and neceſſary towards the production of her ſpecies.

If ſome women are to be found, who are deſtitute of this natural benefit, and yet enjoy health, ſuch are commonly robuſt, and poſſeſs the temperament and diſpoſition of men; barren and bold, they are endowed with maſculine feelings, rnd little ſuſceptible of that tender partiality which mutually influences the two ſexes, and endears them to each other; which ſoftens and harmoniſes the paſſions of the one, and renders the other irreſiſtibly pleaſing.

SECTION

SECTION II.

Of the Periodical Diſcharge in a diſeaſed ſtate, namely, when irregular, obſtructed, or immoderate in quantity.

AS regularity of the periodical diſcharge indicates the natural ſtate of the female conſtitution, and is eſſential to health; ſo its obſtruction or exceſs powerfully diſpoſe the body to diſeaſes of the *Chronic Kind.*

Where the conſtitution happens to abound with blood, before the uterine veſſels are ſufficiently enlarged to allow of its paſſing off that way; a diſeaſe peculiar to virgins, called *Chloroſis* or green ſickneſs, is ſaid to be produced, and this uſually appears about the age of maturity.

If the periodical diſcharge has been regular for a conſiderable time, and at length, from any

accident returns by longer intervals, or more ſparingly than uſual, it is ſaid to be irregular or obſtructed; but if it does not return at all, it is then called a total ſuppreſſion of the menſes; ſo that thoſe ſeveral complaints, however different in degree, all ariſe from the ſame cauſe, that is, from retained menſtruous blood, which vitiates the whole maſs, and renders it unfit for circulation and the purpoſes of life.

But altho' this has been the general opinion; many reaſons may be adduced to prove, that blood ſo retained, rather *offends in quantity than quality*, and the bad effects are chiefly owing to the ſtreſs laid on its ſeveral veſſels, in conſequence of their being overfill'd; hence the circulating power is clog'd and impaired, and that free and equal diſtribution of blood prevented, which is neceſſary to a ſtate of health.

From ſuch diſorders as are obſerved to be brought on by obſtructed perſpiration; a

ſudden

ſudden ſtoppage of the bleeding piles, or even the omiſſion of blood letting, to which the patient had been accuſtomed at particular ſeaſons of the year; and where the blood evacuated was equally pure with that remaining in its veſſels, there is reaſon to believe, that the menſes when obſtructed only affect the conſtitution, by weakening the vaſcular ſyſtem of the body, and not by imparting any noxious quality to its humours.

An influence, malignant as that of the *Dog-Star*, abſurdly and unworthily imputed to women at this period, viz. of ſtopping the fermentation of liquors, and killing vegetables by the ſlighteſt touch, with ſuch like fabulous relations, ought therefore to be rejected as *vulgar Errors*, the offspring of ignorance and over credulity, equally inconſiſtent with reaſon or the law of nature.

On the contrary, I have already remarked that where the natural diſcharge is interrupted, women are not only deprived of the delicacy peculiar to their ſex, but alſo of health itſelf.

The cauſe of green-ſickneſs is not, however, ſolely confined to an obſtruction of the menſes, for virgins are ſometimes ſubject to it at a very tender age, before any redundant blood could naturally be collected in the habit; beſides, if it were entirely owing to a defect of the natural diſcharge, the ſeveral ſymptoms would immediately diſappear at its firſt commencement, which is not always the caſe.

This particular ſpecies of diſeaſe, ſeems rather to ariſe from conſtitutional weakneſs, or a general want of power in the ſeveral organs to perform their natural office. The digeſtive faculty of the ſtomach is impaired, and conſequently, the juices derived from the food being crude and watery, are inſufficient

inſufficient to nouriſh and ſupply the body: Hence, the heart, which is the principal inſtrument of circulation, can hardly drive forward the blood in its veſſels, or diſtribute that vital fluid to different parts of the body, without which, like a plant deprived of water, it muſt languiſh and decline.

Under ſuch circumſtances, neither health or ſtrength can long ſubſiſt, nor can the neceſſary evacuations be duly promoted. From obſtructed perſpiration will proceed, wearineſs, oppreſſion of ſpirits, wandering pains, and ſlow fever. From coſtiveneſs, will ariſe, head-ache, palpitation of the heart, and throbbing of the internal parts, eſpecially after violent motion or ſudden ſurpriſe; alſo, indigeſtion, heart-burn and ſwelling at the ſtomach. And laſtly, from a defect of the urinary diſcharge; the blood will be loaden with ſcorbutic humours, and a bloated, dropſical habit of body will enſue.

To thoſe prevailing ſymptoms of *green-ſickneſs* may be added, a countenance wan and ſallow, with remarkable paleneſs of the lips, and exceſſive coldneſs of the feet, all ariſing from the ſame cauſe, viz. an impoveriſh'd, watery blood, and the want of its free circulation. The patient's appetite is whimſical and much impair'd, often directing her to things unnatural and void of nouriſhment, ſuch as chalk, cinders, ſour fruits, and the like.

From whatever cauſe green-ſickneſs proceeds, it is ſeldom attended with immediate danger; but if improperly treated in the beginning, or too long neglected, may lay a foundation for other diſeaſes, and diſpoſe the patient to *barrenneſs*, *dropſy*, *conſumption*, or *cancer* of the breaſt and womb, which too often put an untimely period to her life.

As young females among the lower claſs of people, who uſe ſufficient exerciſe, and enjoy

enjoy the freſh, open air, are ſeldom viſited with green-ſickneſs; it may reaſonably be preſumed, that this diſeaſe frequently ariſes among thoſe in higher ſtations of life, from the want of thoſe common benefits, and that little more than their ſalutary aid is neceſſary for its cure.

Parents and guardians, as well as thoſe intruſted with the important office of ſuperintending the health and education of young Ladies, ſhould therefore direct their conduct with more than common care and attention, at this *critical juncture*, the benefit of which may extend to the lateſt period of their lives; for, on the ſeaſonable commencement and regular returns of the natural diſcharge depends their future health, as well as the enjoyment of every bleſſing derived from it. The regulation of their paſſions, the degree of their exerciſe, the quantity and quality of their food, with the nature of the air they breathe, ſhould therefore be

regarded with prudent caution, as well as every other circumſtance correſponding with the intention of nature, in acting conformable to her own laws.

Nothing will contribute ſo much to that end, as chearful company, moderate exerciſe, freſh air, ſimple food, and an undiſturbed mind.

If therefore the menſes do not commence in due ſeaſon, and the patient is obſerved to become weak, pale and ſickly, ſhe ſhould be indulgently treated, and not by confinement and reſtraint, inconſiderately deprived of thoſe innocent and reaſonable amuſements, ſo manifeſtly tending to the recovery of her health. On the contrary, ſhe ſhould be allowed to walk or ride two hours or more every day before dinner, when the weather is fine.

The power of *Muſic*, aſſiſted by the influence of *Poetry* and *Flower-painting*, apart from the hours of exerciſe, will adminiſter

to

to the mind a perpetual ſource of pleaſing variety, ſuitable to the delicacy of female education. Thoſe, by enlivening the paſſions and inducing ſerenity of temper, will contribute greatly to promote the ſeveral ſecretions, and reſtore the languid bodily powers to their natural ſtandard of ſtrength and vigor.

Although moderate exerciſe, may at firſt, fatigue the weak patient, and put her out of breath, yet when gradually increaſed, and ſteadily continued, ſhe will daily gain ſtrength and ſpirits, ſo that what before was irkſome and diſagreeable, will, at laſt, become a pleaſing amuſement.

The quantity and quality of her food ſhould alſo be ſuited to the weak digeſtive power of her ſtomach; for the nouriſhment derived from it will not be proportioned to its quantity, but the degree of perfection with which it is digeſted; and therefore, to eat often in ſmall quantities, of what is light

light and ſimple, and thoroughly to maſticate or chew it, is a circumſtance of much more conſequence to thoſe who have weak ſtomachs than is generally imagined; for ſuch cannot diſpenſe with much ſolid food at once, without being greatly oppreſſed with wind, indigeſtion and heart-burn.

Although green-ſickneſs requires a more gentle and cautious treatment, than temporary obſtructions of the menſes from accidental cauſes, and is alſo more tedious of cure; in general, it will yield to thoſe gentle methods, if continued a ſufficient length of time. Should it be neceſſary to aſſiſt them by medicines; I have found nothing equal to the effects of *Peruvian bark*, which may be given twice a-day, as directed at No. 2. *Bath* and *Tunbridge*, or *Pyrmont* and *Spa* Waters may alſo be adminiſtered. The patient ſhould uſe exerciſe at the ſame time, and her feet may be bathed

bathed in warm water every night before bed-time.

She ſhould abſtain from the immoderate uſe of *Tea*, and drink *Coffee* with the addition of milk; an infuſion of *Saſſafras*, or weak broths. She may ſit up to the waiſt in a warm bath of water, twice a week, particularly when nature attempts to bring on the diſcharge. At coming out of the bath, her ſkin ſhould be rubbed with hot flannels or the fleſh bruſh. She ſhould then be put to bed, and if ſhe is reſtleſs or in pain, the opiate pill, No. 3, may be adminiſtered.

Where the diſeaſe is obſtinate, the ſtrength much impaired, and univerſal relaxation of body prevails; bleeding and evacuations are improper. Two of the ſtrengthening pills, No. 4, may then be given twice a-day with an infuſion of orange peel, or garden tanſy; and when there is no decay of the lungs or internal, vital parts, cold bathing will greatly

greatly expedite the cure, by bracing the ſolids, and repelling blood from the ſurface to the uterine veſſels. But the laſt being a very powerful remedy, it ought never to be directed without proper advice; many inſtances having occurr'd, where ſuch as laboured under conſumptive ſymptoms, and weak, ulcerated lungs, were ſuddenly deſtroyed by its unſeaſonable uſe.

The common practice of giving *forcing medicines* to young ſubjects, in the early ſtate of this diſorder, is dangerous and unnatural; and although it has ruin'd the health of thouſands, is ſtill continued without limitation or diſtinction. By the improper uſe of *ſteel*, *mercury* or *hellebore*, the blood becomes overheated, and being violently driven upon the ſtomach or lungs, may burſt their veſſels, and occaſion an habitual ſpitting of blood, ending in *Conſumption*.

This

This is not a conjecture or needleſs apprehenſion, but founded on the teſtimony of facts and repeated obſervation; which the following quotation from Dr. *Mead* will ſufficiently prove. Speaking of the ſingular virtues of *black hellebore* in promoting obſtructed menſes, he thus expreſſes himſelf. "I have obſerved this remarkable circumſtance; that whenever, either from a bad conformation of the parts, or any other cauſe, this medicine had not the deſired effect; the blood was forced out through ſome other paſſages; which is a manifeſt proof of the great power of this medicine in ſpurring the blood forward."

From ſuch effects it is alſo evident, that this medicine does not act ſpecifically on the womb alone, but lays equal ſtreſs on the whole vaſcular ſyſtem. By ſuch deſtructive violence done to the conſtitution, the gentle progreſs of nature is interrupted, and the menſes, inſtead of paſſing off by the

the womb, will deviate and flow by *unnatural paſſages*, producing fever, waſting of the body, or inward decay.

Laſtly, *forcing medicines* ought never to be given when it is doubtful whether the patient is with child or not; to nurſes who give ſuck, or thoſe at the age of forty-five or fifty, although they ſometimes inconſiderately deſire it, not being able, without reluctance, to perceive this infallible ſign of approaching age.

In young ſubjects, the monthly diſcharge, at firſt, is generally irregular; not only returning at undue periods, but being pale and ſmall in quantity, it has been miſtaken for a female weakneſs. This is owing to the firm and compact ſtate of the womb, but as its veſſels yield and enlarge, the quantity will increaſe by degrees, and be render'd more florid at each returning period.

It may here be remarked, that nature accompliſhes her deſigns by ſlow degrees, and conſequently, without injury to the conſtitution; for the uterine veſſels are not ſuddenly torn open by the rapidity of the circulating blood, as when *forcing medicines* have been imprudently given, but on the contrary, gradually yield to its gentle preſſure without pain or ſymptoms of violence.

As the danger of ſtopping a diſcharge ſtrictly natural muſt be obvious; it is alſo neceſſary to diſtinguiſh the *firſt menſes* from *female weakneſs*, which may be done by attending to the following ſigns; the firſt, though almoſt colourleſs, and ſmall in quantity, generally return once a month, attended with the uſual ſymptoms of menſes; whereas, a female weakneſs continues without intermiſſion, accompanied with pains in the loins, faintings, and other ſigns of bodily weakneſs.

Athough

Although women who have had children, become more regular than before; the menſes, even then, may ſometimes happen to be obſtructed from accidental cauſes, as irregularity of the paſſions, taking cold, or errors in diet.

A conſumptive habit attended with *night ſweats*, an habitual diarrhœa or purging, the bleeding piles, or female weakneſs, may likewiſe occaſion a deficiency of the monthly diſcharge, by exhauſting the body and leſſening the quantity and circulating force of the blood.

The ſymptoms following obſtructed menſes, are, heat and throbbing in the loins, pain and giddineſs of the head, palpitation at the heart, and difficulty of breathing. A loathing of food with ſickneſs at ſtomach and indigeſtion, the night-mare and pinchings in the bowels, alſo frequently attend. The patient is ſubject to low ſpirits, faintings or hyſteric fits, and where a total

total and long continued ſuppreſſion prevails, the legs generally ſwell, the countenance becomes bloated, and at length, thoſe complicated ſymptoms terminate in a *Dropſy*, *Conſumption*, or ſome other lingering diſeaſe.

Here it will be neceſſary to diſtinguiſh the ſymptoms of obſtructed menſes from thoſe conſequent of conception, which, without due caution, may be miſtaken for each other.

If a healthy married woman, who before had uſually been regular, perceives a want of the monthly evacuation without any manifeſt cauſe, as ſudden ſurpriſe, taking cold, or errors in diet; ſhe may then be concluded with child, eſpecially if affected with ſickneſs and retchings in the morning when ſhe firſt riſes from bed.

But the moſt certain general rule of forming a true judgment in ſuch doubtful caſes will be, to obſerve, whether the pa-

tient grows better or worſe by length of time; for, complaints which happen from conception generally go off after the fourth month, whereas, thoſe ariſing of obſtruction gradually become worſe, from the retained ſuperfluous blood which over-loads its veſſels and weakens the conſtitution.

It is extraordinary, that before the age of maturity, the womb ſeems totally unaffected by injuries done to the body or mind; but afterwards, eſpecially at the approach of the menſes, it diſcovers the moſt exquiſite and uncommon degree of ſenſibility, as well as the whole nervous ſyſtem; in as much, that ſudden ſurpriſe, improper diet, or even a drop of cold water unexpectedly falling on the body, will ſometimes greatly diſturb the ſyſtem, and hinder their return.

The intention of cure will vary according to the different cauſes which produce the obſtruction; ſo that, what would be ſervice-

ſerviceable to one, might prove hurtful to another. If it ariſes from too much ſtrength of the uterine veſſels, which may be known from the fullneſs and hardneſs of the pulſe; bleeding in the foot or arm will be neceſſary, with ſuch medicines as relax the ſolids, and render the blood more fluid. Spare diet, and the plentiful uſe of new milk whey, with nitre or cryſtals of tartar, laxative clyſters made with a decoction of mallow-leaves and ſoap, the warm bath or ſteams of hot water, over which the patient may be placed, all conduce to that end.

If the menſes are obſtructed from a fright, anxiety of mind, or taking cold; *bleeding* and the *warm bath* will be proper, and afterwards the opiate mixture may be given as directed at No. 5. Thoſe will be moſt likely to anſwer the intention of cure, by ſoothing the nerves, and relaxing the contracted uterine veſſels.

Where the diſorder is of long continuance, and the habit of body ſtrong, it will be neceſſary to bleed in the foot, to uſe the warm bath the next evening, and to give a gentle antimonial vomit, No. 6, immediately after. Warm purging medicines with *aloes* may then be adminiſter'd, and laſtly, the ſpices with bitters and ſteel. She may take two of the pills, No. 7, night and morning, with a glaſs of Pyrmont, Spa, or Tunbridge water, after each doſe, and at the ſame time uſe moderate exerciſe, which will powerfully aſſiſt the efficacy of thoſe medicines.

Before we diſmiſs this ſubject, it is neceſſary to caution the patient againſt a dangerous and prevailing error in attempting the cure of obſtructed menſes. It has been the uſual opinion of women, that *an obſtruction of menſes is the ſole cauſe of ill health.* In conſequence of this general miſtake, Nature has been attacked with thoſe inſtruments of violence, *forcing medicines*, which indiſcri-

indiſcriminately and prepoſterouſly applied, have deſtroyed more conſtitutions than the diſeaſe itſelf.

Obſervation and repeated experience clearly preſent us with the following facts. Ill health, to which women are ſubject from cauſes in common with men, will frequently bring on an obſtruction of the menſes; ſuch as an hereditary bad ſtamina, or conſumptive habit, but if health can be reſtored, this evacuation, like others natural to the body, will again return without much aſſiſtance from medicines. Hence it is evident, that the *effect has been miſtaken for the cauſe, and the cauſe for the effect*, to the great injury of the female conſtitution.

Thus a diſeaſed ſtate of body will often render its natural diſcharges deficient, or exceſſive; juſt ſo it is with the menſes when the patient is ſickly, and where nothing can reſtore them to their wonted regularity, till

the conſtitution returns to its true ſtandard of health and vigor.

But when the obſtruction proceeds from taking cold, ſurpriſe, or any other apparent cauſe; then indeed, if health, which before was perfect, immediately begins to ſuffer, ſuch a change ſhould be imputed to the obſtruction, and proper means uſed to remove it.

A young Lady, from the country, aged eighteen, recommended to my care by her relation in town, had laboured under obſtructed menſes upwards of a year, owing to exceſſive grief, from the death of her Mother. By the advice of different Phyſicians ſhe had been blooded ſeveral times, her feet had been put into warm water, and ſhe had taken many medicines, for ſeveral months, without effect.

Her health was greatly on the decline, and her body much waſted from *night-ſweats* and *diarrhœa*, which threatened a conſumption.

tion. Her aſpect was pale, and her pulſe quick and languid; her legs ſwelled towards night, ſhe had frequent palpitations of the heart, and was ſubject to faintings. I directed her a fuller diet, and adviſed her not to bleed; for a time, ſhe took a ſtrong infuſion of *Peruvian Bark* with nitre, and as ſhe had at firſt been regular, concluding that there was no fault or preternatural rigidity in the uterine veſſels, I ventured on medicines of the powerful kind, joined with opiates: Thoſe were directed to be taken for the ſpace of a week, as ſoon as the leaſt ſymptom denoted any endeavour of nature to bring on the diſcharge. In this caſe, it ſo happened that the menſes returned at the firſt period, after which ſhe became regular, without any farther aſſiſtance from medicines, and with gentle exerciſe and freſh air, was reſtored to perfect health.

Where the menſes are deficient from long continued illneſs, or a conſumptive tenden-

cy, accompanied with habitual Diarrhœa and Night-ſweats, *forcing medicines* can never be given without injury; for, under thoſe circumſtances, where the body is exhauſted, and the blood rather deficient than abounding, 'tis not extraordinary the diſcharge ſhould be wanting.

Here, thoſe things will be moſt proper which enrich the blood, increaſe its quantity, and reſtore, if poſſible, the decayed conſtitution to its natural ſtate. Moderate exerciſe, in clear dry air, ſimple food, with aſs's milk, goat's whey, or a decoction of ſarſaparilla and the Peruvian bark, may contribute to that end. Briſtol water for common drink, may alſo be taken to advantage, as approaching near to a pure elemental fluid, although, in other reſpects void of medicinal quality.

It is alſo neceſſary to caution the patient againſt the danger of *aſtringent medicines* to ſtop the menſtrual diſcharge, when it unexpectedly

expectedly continues for the two or three firſt months of pregnancy. This happens in conſequence of abounding blood, which the child, from its exceeding ſmallneſs, is not then able to conſume, and therefore the evacuation is a relief to the conſtitution. In ſuch particular caſes, if affected with pain, or fever, ſhe ſhould loſe two or three ounces of blood from the arm, once in three weeks, and uſe a cooling, abſtemious diet. She ſhould breathe cool air, eat ripe fruits, which will keep her laxative, and avoid violent exerciſe and anxiety of mind.

Every deviation from a natural ſtate of body is alike injurious to health; and as we have ſeen the bad conſequences of obſtructed menſes, ſo an *immoderate quantity of that diſcharge* is productive of many diſeaſes, more ſudden in their effect, and dangerous in their event than the former; and to which it will therefore be requiſite to pay attention.

The

The menſes are always to be conſidered too large in quantity, when inſtead of rendering the patient briſk and lively, they leave her languid and with ſenſible loſs of ſtrength.

Exceſs of this diſcharge may proceed from weakneſs of the uterine veſſels, a ſharp, thin blood, or any cauſe which preternaturally increaſes its motion, and forces it with violence to the womb. Anger, immoderate exerciſe in hot weather, the uſe of mercury, or ſpirituous liquors will produce this effect. A ſcorbutic habit of body, or ſlow hectic fever, will likewiſe diſpoſe the patient to this diſorder; and ſometimes I have known large quantities of blood eſcape from ſpungy tumors or an ulcer of the womb.

The natural quantity of menſes is ſo various in different women, that it can never be more truly known than by obſerving the ſymptoms with which it is attended. For altho'

altho' it ſhould appear profuſe, if not followed by faintneſs or loſs of ſtrength, it ought to be deemed natural; and no medicines or method ſhould be uſed either to ſtop or reſtrain it.

Women of delicate conſtitutions, weak nerves, and great ſenſibility, are, of all others, moſt ſubject to a profuſe diſcharge, particularly thoſe who have had many children, and live a ſedentary life. In ſuch it is apt to return at undue periods, and continue too long, ſo as greatly to exhauſt the patient, and render the diſorder difficult of cure; eſpecially, if ſhe happens to labour under a ſcorbutic habit of body, and *Scrophulous* or *Venereal taint*.

Heat and moiſture, warm baths, dancing, or violent agitation of body and mind, diſpoſe to an immoderate diſcharge; alſo the *uſe of mercury, ſteel*, or *tincture* of *hellebore*. Lying in bed to exceſs, eſpecially on thoſe too ſoft, is alſo pernicious.

The

The patient ſhould ſleep on hair mattreſſes, in a cool, airy bed chamber, and avoid conjugal intercourſe.

Immoderate menſes occaſion faintneſs, loſs of appetite and indigeſtion, nervous tremblings, dejection of ſpirits, and, if not remedied in time, *dropſy* or *conſumption*. I have known ſeveral caſes of this kind which proved fatal by being neglected. Thoſe in particular which ariſe from diſeaſes of the womb in the decline of life, are moſt dangerous and difficult of cure.

In ſuch diſorders, things which give ſtrength to the ſolids and balſam to the blood, with reſt of body and mind, bid faireſt to effect a cure. This purpoſe may be gained by breathing pure, cold air, by light and ſimple food of the nouriſhing kind, taken often and in ſmall quantities, and by adminiſtring, twice a day, an infuſion of the Peruvian bark, prepared as at No. 8.

The

The patient may live, chiefly on white meats roaſted, or nouriſhing broths, with ſorrel, or other aceſcent vegetables. Freſh eggs, ſhell fiſh, jellies, aſs's milk, or chocolate, are alſo proper; and ſhould a cordial, at any time be neceſſary, claret or rheniſh wine, with cinnamon, may be given, but the hotter ſpices, and things which are ſalt, high ſeaſoned, or ſpirituous, ought to be avoided as pernicious.

Where the diſcharge is exceſſive, thick compreſſes of ſoft linen, dipped in vinegar and water, may be applied to the belly and loins, and renewed as ſoon as they grow warm. The injection, No. 9, may alſo be uſed twice a day. But ſhould this complaint turn out obſtinate, attended with ſymptoms of danger, it will then be neceſſary to conſult a phyſician, converſant with ſuch diſorders; as *barrenneſs*, *dropſy*, or *conſumption*, have often been the conſequence of delay or improper treatment.

By

By due attention to these *Rules* and *Cautions*, many women might be restored to perfect health, who either from *indolence*, *false delicacy*, or *mistaken conformity* to vulgar opinions, in opposition to nature, have fallen victims in the bloom of youth, and were brought to an untimely grave!

SECTION

SECTION III.

Ceſſation of the Periodical Diſcharge in the decline of life, and the diſorders ariſing from that critical change of conſtitution.

AS long as the prime of life continues, with that extraordinary faculty of preparing redundant blood for the ſervice of the child, ſo long its circulating force will be more than equal to the reſiſtance of the uterine veſſels, and the periodical diſcharge will continue; but when they become more firm and ſtrong, from the effect of age, it will then totally ceaſe.

At this time, the female conſtitution is in a ſtate, the very reverſe of what happened at maturity, when the diſcharge firſt appeared. The circulating force of the blood and reſiſting power of its veſſels, may be conſidered as an unequal balance to each other, at different

different periods of life, producing thoſe two natural changes, which bring on the menſes at maturity, and carry them off in advanced age, as the one or other alternately prevail.

The maſs of blood being the ſource from which the periodical diſcharge is derived, from that failure of appetite and digeſtion attending advanced age, it will then gradually become leſs copious; and conſequently its monthly returns will be more irregular.

Thus the tide of nature being turned, and as it were on the ebb, this long accuſtomed evacuation will at laſt entirely ceaſe, and with it the faculty of having children. Hence, from a diſſipation of blood and juices, together with the conſequent emptineſs, and rigidity of the veſſels, they will gradually ſhrink up and contract; ſo that inſtead of that wonted freſhneſs and ſmoothneſs of the ſkin when replete with moiſture,

age,

age, and wrinkles, thoſe unwelcome intruders, will come at laſt.

At this *critical time of life*, the female ſex are often viſited with various diſeaſes of the *chronic kind*: I have obſerved, *more women die about this age*, than at any other period, during the years of maturity; for, as many conſtitutional infirmities, or hereditary diſorders were relieved by the firſt approach of the menſes; ſo they often return at the ceſſation of that diſcharge. If, for inſtance, the patient had naturally weak lungs, pains at her ſtomach, head-ach, or complaints of the breaſt and bowels, *inclining her to conſumption*; ſhe will probably, now again be attacked with thoſe diſorders more violently than ever.

Several, indeed, who have lived temperately, and are naturally healthy, eſcape without much inconvenience; and I have known ſome delicate women inclined to *hyſterics*, and nervous diſorders, who

were relieved by this change, and became more ſtrong and healthy than before; whilſt others on the contrary, of a ſanguine conſtitution, who uſed little exercife, and indulged their appetites to exceſs, often ſuffered ſeverely at this juncture, particularly when bleeding and evacuations had been neglected.

Some are ſubject to pain and giddineſs of the head, hyſteric diſorders, colic pains, and female weakneſs. The bleeding piles, ſtrangury, or intolerable itching at the neck of the bladder and contiguous parts, are often very troubleſome to others. The rheumatiſm and ſcurvy, pains in the limbs, ulcers in the legs, and eruptions on the ſkin, at this time frequently appear; alſo obſtruction of the glands, with the moſt grievous and diſtreſſing of all human maladies, *cancerous tumors* of the breaſt or womb.

Women are likewiſe ſometimes affected with low ſpirits and melancholy, which, together

together with the principal diſorders already mentioned, will hereafter be particularly conſidered under their *proper titles*. It will now be ſufficient to point out the methods moſt ſucceſsful, at this critical juncture, on a due attention to which, their future health greatly depends.

Perhaps it may appear extraordinary that ſo many diſorders ſhould happen from a change that is uſual with every female; but it would be unreaſonable to expect that nature ſhould always be obedient to her own laws, when they are ſo often interrupted and tranſgreſſed from the many exceſſes introduced by luxury, the irregularity of the paſſions, and other accidental inconveniencies.

To ſuch cauſes, many diſeaſes peculiar to the human ſpecies, are certainly owing, from which quadrupeds and other animals are free, by living conformable to their own natural feelings, uninfluenced by er-

ring reaſon, or the prevalence of pernicious cuſtoms.

The ſeveral diſorders conſequent of obſtructed menſes have been enumerated; and from the moſt attentive obſervation it appears, that many complaints imputed to the ceſſation of that diſcharge, are, in reality owing to its obſtruction at too early a period. For inſtance; it ſometimes happens, that in particular conſtitutions, the uterine veſſels become contracted, and their orifices cloſely ſhut up, whilſt the faculty of preparing redundant blood ſtill continues; ſo that the ſame ſymptoms will enſue, as thoſe which happen, from an obſtruction, at any other time. The relief procured by bleeding and evacuations, in ſuch caſes, confirm the truth of this obſervation. Hence it will be neceſſary to diſtinguiſh the difference between a *natural ceſſation* of the menſes, and a real, *untimely ſtoppage* of that diſcharge, for which it has often been miſtaken.

Conſidering

Conſidering how liable women are to obſtruction, at all ſeaſons, from a variety of cauſes, it can be no wonder the ſame inconvenience ſhould more frequently happen late in life, when a natural tendency, from advancing age, concurs to render ſuch cauſes more powerful in their effects.

Should this particular ſpecies of obſtruction prevail, it does not appear adviſeable to uſe violent means, at ſo late a period, to bring back the diſcharge; but only to carry off the accumulated, ſuperfluous blood, by bleeding and gentle purgatives, to direct an abſtemious diet, with exerciſe, and leave the reſt to nature.

In women of bad conſtitutions, who become irregular in the decline of life, and menſtruate longer than ordinary, large clots of blood are ſometimes forced away with great pain and bearing down. Such caſes almoſt certainly indicate a diſeaſed womb, and if neglected or improperly

treated, often end in *cancer* or *ulceration* of that part; eſpecially, where the putrid diſcharge has ſuddenly been ſtopped by aſtringents, or where bleeding and evacuations, had previouſly been neglected. When there is much pain and fever, the patient ſhould firſt be blooded; ſhe may then take the gentle purging draught No. 10, once a week, and by intervals, half a pint of the decoction, No. 11, night and morning. She ſhould live on ſpare and ſimple diet, and drink *Seltzer*, *Aſton*, or *imperial water*, inſtead of malt liquors.

It will be more ſafe and proper by ſuch methods rather to prevent the increaſe of blood, than to lock it up by aſtringents when collected; for altho' it has been remarked, that menſtruous blood is not impure, yet, by ſtagnating too long in its veſſels, it may acquire pernicious qualities, and being taken back into the circulation, prove hurtful to the conſtitution.

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The *urine* and *gall* which were both ſeparated and ſtrained off from the blood, are in their natural ſtate perfectly innocent, yet by being lodg'd too long in their receptacles, or again infuſed into the general maſs, will occaſion diſeaſes and death; even ſimple water by confinement or *ſtagnation* will become unwholeſome and corrupt. Juſt ſo the animal fluids retain their natural qualities, whilſt in a due ſtate of circulation, but become vitiated by remaining too long at reſt.

To aſſiſt the conſtitution in diſpenſing with that *critical change* which happens at the menſtrual ceſſation, and to compenſate for the want of that long accuſtomed diſcharge; bleeding once a month, more or leſs copiouſly, as occaſion may require, with the uſe of the purging draught, No. 12, during the intervals, will be neceſſary, and may be continued a conſiderable time with great ſafety and advantage, eſpecially in

ſtrong habits of body, where the blood too much abounds.

The patient ſhould now leſſen her uſual quantity of animal food, and live on ſpare and ſimple diet, conſiſting chiefly of vegetables, fiſh, and ſpoon meats. She ſhould abſtain from malt liquors, and drink light thin white wines diluted with water, or toaſt and water only. Her exerciſe ſhould be increaſed, which will aſſiſt perſpiration; and if ſhe is coſtive or feveriſh, the cooling ptiſan, No. 13, taken occaſionally, will remedy thoſe inconveniencies.

A contrary method ſhould be uſed where the patient is delicate and ſubject to female weakneſs, night-ſweats, or habitual looſeneſs, with fluſhings in the face and hectic fever: For ſuch, aſs's milk, jellies, and raw eggs, with cooling fruits will be proper. At meals ſhe may be indulged with half a pint of old, clear London porter, or a glaſs of rheniſh wine. Twice a day

ſhe

ſhe may take a tea-cup full of the reſtorative infuſion, No. 14, and when her ſtrength is increaſed, if the lungs and vital parts are ſound, ſhe may uſe ſea-bathing or the cold bath, with advantage.

Should the *bleeding piles* appear at this juncture, ulcerous ſores break out in the legs, or eruptions on the ſkin, the firſt ought not to be reſtrained, or the laſt repelled and dried up, till the habit of body is changed by proper medicines; for thoſe diſcharges under ſuch circumſtances are generally critical; and I have obſerved, where they were ſuddenly ſuppreſſed, an *acute rheumatiſm*, *hyſterics*, *aſthma*, or *colic-pains*, were often the conſequence.

CHAP.

CHAP. II.

Diſeaſes of the Womb and its contiguous Parts; their Treatment and Method of Cure.

SECTION IV.

Of the Fluor Albus or Female Weakneſs, and how diſtinguiſhed from a Venereal Infection.

THE Fluor Albus, female weakneſs or whites, as commonly called, is a diſeaſe of the womb and its contiguous parts, from which a pale colour'd fluid is diſcharged, attended with pain in the loins, bad digeſtion, a wan, ſickly aſpect and loſs of ſtrength.

The quantity and color of this diſcharge chiefly depend upon the time of its duration, the patient's habit of body,

and

and the nature of the cauſe by which it was produced. Taking cold, ſtrong liquors, immoderate heat and moiſture, or violent exerciſe, have all been obſerved to produce a bad effect, as to its quantity and quality.

Weakly women of lax ſolids, who have had many children, and long laboured under ill health, are, of all others, the moſt ſubject to this diſagreeable diſeaſe, from which they unfortunately ſuffer more ſevere penance than others; as the niceſt ſenſations are often connected with ſuch delicacy of bodily frame as ſubjects them to it.

In *Holland*, it is frequent, and in a manner peculiar to the place from the dampneſs of its ſituation; the ſurrounding air being ſo overcharged with moiſture, as to relax the body, ſtop perſpiration, and throw it upon the bowels, or womb, producing in the firſt *diarrhœa* or flux, in the laſt, *fluor albus* or female weakneſs.

The

The diſcharge proceeds from the veſſels ſubſervient to menſtruation; becauſe in delicate habits, where thoſe veſſels are weak, and conſequently remain too long uncontracted; the *fluor albus* ſometimes immediately follows the menſes, and goes off by degrees as they gradually cloſe. It alſo comes from the *mucous glands* of the womb, as is particularly evident in very young females of eight or ten years old, in whom, though very rarely, I have obſerved it, and where it muſt then neceſſarily have eſcaped from thoſe parts; the uterine veſſels not being ſufficiently enlarged for its paſſage at ſo early a period.

Sometimes, as in women with child, it proceeds from the vagina, and not from the womb itſelf. The application of thoſe inſtruments called *Peſſaries*, from the pain and irritation they occaſion, are alſo apt to bring on this diſcharge. Hence it is plain, this diſeaſe may ſometimes happen, altho' the

the blood is in a pure ſtate, and where the fault is in the veſſels or ſtrainers, by which the fluids are vitiated and changed from their natural qualities.

The *fluor albus* has been ſuppoſed, in ſome, to ſupply the want of menſes; becauſe where the firſt prevails, the laſt is generally either irregular or totally wanting; but it might more properly be ſaid, that the preſence of the fluor albus, which is a preternatural evacuation, occaſions the abſence of that which is natural; as is evident from the return of the menſes after the fluor albus has been taken away. Indeed, when this diſcharge appears about the age of fourteen or fifteen, and returns once a month, with ſymptoms like thoſe of the menſes, then it may be deemed ſtrictly natural, as obſerved at p. 70, and therefore, ought not to be ſtopped.

Fluor albus may be diſtinguiſhed into two kinds. The firſt, ariſes from ſimple

weakneſs

weakneſs or relaxation of the ſolids, which may either be *general*, where the whole bodily ſyſtem is enervated and unſtrung; or *partial*, where the womb only is thus affected, in conſequence of hard labours, frequent miſcarriages, ſuppreſſion, or immoderate quantity of menſes, or ſprains of the back.

In the firſt caſe, the diſcharge being generally mild, may be ſafely taken away. In the ſecond, it proceeds from a vitiated or impure blood, where the body is loaded with groſs humors, which nature for her own ſecurity and relief thus endeavours to carry off. In ſuch caſes the diſcharge is ſimilar to that of old ulcerous ſores, being ſometimes high color'd, and ſo ſharp as to excoriate the contiguous parts, and occaſion ſmarting with heat of urine.

A deep-ſeated, darting pain, and forcing down, attending ſuch a diſcharge, is a very dangerous and alarming ſign, indicating an

ulceration

ulceration or *cancerous* ſtate of the womb. This diſeaſe, if of long continuance, is extremely difficult of cure, and diſpoſes the patient to *barrenneſs*, *bearing down*, a *dropſy*, or *conſumption*.

The cauſes of thoſe two kinds of diſeaſe being different, ſo they will require very different methods of cure. To anſwer this intention, in the firſt caſe, nothing will be more proper than nouriſhing ſimple food, ſuch as veal broths, jellies, freſh eggs, and milk diet. The acid fruits will alſo be proper, and the patient may take a tea-cup full of the reſtorative, ſtrengthning infuſion, No. 15, twice a day, which will give firmneſs to the body, and aſſiſt the weakened fibres of the womb in returning to their natural ſtate.

The ſame method may be uſed with ſucceſs, where the fluor albus follows the menſes, as already obſerved.

Tunbridge

Tunbridge or Spa waters may be drank at the ſame time, and if neceſſary, an infuſion of green tea, or pure ſmith's forge water may be uſed with a womb ſyringe as an injection twice a-day. Should the diſeaſe prove uncommonly obſtinate; the patient may go into the cold bath every other day, and drink lime water with milk, which will expedite the cure, and prevent a relapſe. The volatile liniment, No. 16, and afterwards the ſtrengthening plaſter, No. 17, may be applied to the ſmall of the back.

By way of caution; ſhe ſhould abſtain from the immoderate uſe of that relaxing fluid Tea, and be removed into a dry, clear air; or if ſhe is obliged to remain in one leſs proper, ſhe may apply the fleſh bruſh, and wear a flannel ſhift next her ſkin, impregnated with the fumes of burning Frankincenſe, or any of the grateful, aromatic gums.

In

In the ſecond ſort of diſeaſe, where the diſcharge is ſharp, and of long ſtanding, it would be extremely dangerous to ſuppreſs it ſuddenly, either by aſtringents internally taken or applied as injections, until the blood is freed from its impurities by proper purgatives, and otherwiſe corrected by ſuch medicines as not only carry off the ſharp, ſcorbutic ſalts and putrid juices, but alſo impart to it that ſoft and balmy quality of which it had been deprived.

The purging potion, No. 18, may be taken twice a-week, and in the intervals, one of the alterative *pills*, No. 19, night and morning. After this courſe has been continued a few weeks, ſhe may begin with the ſtrengthening, bitter infuſion, No. 20. in the quantity of a tea cupful twice a-day, or more as her ſtomach will allow.

The ſame ſort of food and regimen will here be proper as in the firſt kind of the diſeaſe. The patient ſhould abſtain from malt liquors, and drink rice water, in each pint

of which half an ounce of gum arabic has been diſſolved; or if ſhe is weak, and of a cold bloated habit, ſaſſafras tea, or an infuſion of juniper berries with a little French brandy may be added occaſionally.

When ſhe begins to take the bitter infuſion, it will be proper to uſe the *Tunbridge* or *Pyrmont* water for common drink, but if thoſe cannot conveniently be had, the *artificial Spa water* impregnated with iron and fixed air, as directed by Dr. *Prieſtly*, will make an excellent ſubſtitute, and may be had of the Apothecaries. If it ſhould render her coſtive, and occaſion head-ache, ſhe may deſiſt and drink imperial water ſweetened with manna, till thoſe complaints are removed.

In ſhort, as this is a diſorder of the moſt diſagreeable kind, which, by long continuance or neglect, becomes difficult of cure, and often produces *ulceration of the womb*, *bearing down*, *barrenneſs*, *dropſy*, or *conſumption*; it were to be wiſhed, that women,

on ſuch occaſions, would be more attentive to their own ſafety, by taking proper advice, in due time, and uſing all poſſible means to prevent thoſe dangerous maladies.

I have attended more patients labouring under the *fluor albus* in *autumn* than at any other ſeaſon of the year, eſpecially, when the weather was uncommonly moiſt and cold: Moſt of them were cured by change of diet, an increaſed perſpiration, and the proper uſe of Peruvian bark with aromatics. I obſerved that ſeveral about this time who eſcaped the diſorder, were viſited with bad colds, defluxion of rheum on the throat, or a diarrhœa, which were removed by ſimilar treatment.

As women are ſometimes connected with thoſe who do not conſcientiouſly regard their ſafety, it is a circumſtance of the utmoſt conſequence *to diſtinguiſh a freſh venereal infection from the fluor albus*; for if the *firſt* is miſtaken for the *laſt*, and is either neglec-

ted or improperly treated, the diſorder may end in a confirmed *lues* or pox.

The following ſigns will beſt inform the patient whether there is occaſion for her doubts or not.

A freſh infection, called *gonorrhœa*, is malignant and inflammatory; the *fluor albus* moſt commonly ariſes from relaxation and bodily weakneſs; and therefore, the remedies proper in the laſt diſorder would render the firſt more violent, by locking up the *infectious matter*.

In the gonorrhœa, the diſcharge proceeds from the parts contiguous to the urinary paſſage, and continues whilſt the menſes flow; but in the fluor albus, it is ſupplied from the cavity of the womb and its paſſage, and then the menſes are ſeldom regular.

In the gonorrhœa; an itching, inflammation, and heat of urine, are the forerunners of the diſcharge, the orifice of the urinary paſſage is prominent and painful,

and

and the patient affected with frequent irritation to make water. In the fluor albus, pains in the loins, and loss of strength, attend the discharge, and if any inflammation or heat of urine follow, they happen in a less degree, and only after a long continuance of the acrimonious discharge, which excoriates the surrounding parts.

In the gonorrhœa, the discharge suddenly appears without any evident cause; but in the fluor albus, it comes on more slowly, and is often produced by irregularities of the menses, frequent abortion, sprains, or long continued illness.

In the gonorrhœa, the discharge is greenish or yellow, less in quantity, and *not attended with the same symptoms of weakness.* In the fluor albus, it is also often of the same colour, especially in bad habits of body, and after long continuance; but is usually more offensive, and redundant in quantity.

I have here purpoſely omitted the mention of particular medicines applicable to the cure of the gonorrhœa, as it would be extremely unſafe and precarious for the patient to truſt her own judgment in a caſe of ſo much importance to her conſtitution.

SECTION.

SECTION V.

Of Scirrhus, Cancer, and Ulceration of the Womb.

A Scirrhus is a hard tumor or ſwelling, generally ſeated in the glandular parts of the body, as the breaſts, neck or womb.

It may be occaſioned by external violence done to the affected part, the unſeaſonable ſuppreſſion of ſome long accuſtomed diſcharge, unwholſome diet, the unfavorable criſis of fevers, or any other cauſe which deſtroys the natural office of the gland; ſo that the *Lymph* or fluid which ought to paſs freely through it, is obſtructed, and there remaining cloſely locked up, becomes a thick, glutinous, and malignant humor.

A ſcirrhus may alſo ariſe from *ſcrophulous* and *venereal taints*, or preceding inflamma-

tion. Spirituous applications uſed for repelling milk from the breaſts, injuries of the womb received by hard labours, or the violent extraction of the after-burthen, may likewiſe be productive of that complaint.

A ſcirrhous tumor is generally ſmall in its beginning and remains indolent for a time, without pain or apparent danger, but being irritated or diſturbed by any of the cauſes from which it was originally produced, it is then liable to become painful and inflamed. It gradually grows larger and more irregular in figure, and at laſt is affected with burning heat and pungent pains; the veins proceeding from it being ſwelled, and of a blackiſh levid hue, ſomewhat reſembling the claws of a crab-fiſh, it is from thence called *Cancer*.

Every ſcirrhus, when painful or inflamed, is apt to become malignant and degenerate into cancer, and this fatal change is moſt to be dreaded at the age of forty-five, or about the ceſſation of the menſes, particularly

larly in women of bad conſtitutions, who have been irregular or obſtructed; ſo that of twenty women affected with *Cancers*, fifteen of that number, have been generally found of an age between *forty-five* and *fifty*.

The intemperate uſe of ſpirituous liquors, the violent impreſſion of anger, or the more ſlow effects of melancholy, and continual anxiety of mind, all powerfully diſpoſe the patient to *ſcirrhous* or *cancerous* complaints; and therefore, old maids, nuns, or thoſe who are inactive, and lead a ſolitary unſociable, and diſcontented life, have been obſerved particularly ſubject to ſuch diſeaſes.

When a ſcirrhous tumor is irritated and begins to itch or grow red, with pain and inflammation, the obſtructed glandular Lymph being then heated and diſturbed, is changed into a dangerous *animal-poiſon* which having broke its incloſure and made way through the ſkin, corrodes the contiguous parts like *aqua fortis* and forms an ulcerated,

running

running ſore or *open cancer*. So that the ſame cauſe which changes a ſcirrhus into a cancer, may convert a concealed cancer into one which is open or ulcerated.

When the maſs of blood, the very fountain from which both life and health proceed, is unfortunately tainted with this *peſtilent fluid*, the whole body is rendered diſeaſed, and the cancerous matter frequently fixes upon ſome other glandular part; ſo that what was at firſt only local, now becomes a univerſal malady, and like a peſtilential blight, overſpreads and lays waſte the conſtitution.

Hence a *ſlow fever* attended with *night-ſweats*, an *habitual diarrhœa*, *pain*, and *want of reſt*, alternately conſume the patient's ſtrength. Clots of corrupted blood are diſcharged with exceſſive pain and forcing down, and ſometimes fluid blood in large quantities eſcapes from the veſſels corroded and eaten away by the extreme ſharpneſs of the cancerous humor.

Thus

Thus reduced to the extremeſt weakneſs, and deſtitute of hope, ſhe lives in a long continued ſtate of exquiſite miſery, a prey to this cruel diſeaſe; 'till Death's benumbing opium compoſes her to final reſt, and at once puts a period to her life and ſufferings.

As no certain and infallible cure is yet known for a *confirmed, ulcerated cancer*, which inevitably deſtroys the conſtitution, by vitiating the blood; the early extirpation of all ſuch ſcirrhous tumors as are moveable under the ſkin, and unconnected to any conſiderable nerve or blood veſſel, is a practice which can never be too much recommended, even where they may appear void of pain or danger; more particularly if they ariſe from external cauſes, and the conſtitution is otherwiſe good and ſound.

It is only by ſuch means the patient can be effectually ſecured from the danger of an incurable cancer, which would be removed to no purpoſe, when once the blood was tainted with its poiſon, which like *old leven*,

leven, will produce a diſeaſed ferment, even after extirpation, ſhould the leaſt part of the cancer remain behind.

There are two circumſtances of a very diſtreſſing nature, which attend ſcirrhous, or cancerous tumors of the womb in particular; for inſtance, their exiſtence can ſeldom be diſcovered, with certainty, till too far advanced to admit of cure by *medicines* or *regimen*; and their extirpation is generally impoſſible, when thus included in the cavity of the womb.

Beſides, ſuch tumors, from the internal heat, and confinement of the cancerous diſcharge, are much more violent in their ſymptoms, and rapid in their progreſs, than thoſe of the breaſts or other parts; even ſo as not only to erode, and deſtroy the womb itſelf, but extend to the contiguous parts. This fatal circumſtance befel a celebrated Iriſh actreſs on the Engliſh ſtage, whoſe ſufferings

ferings were too great for deſcription, and who from thence died a lingering and miſerable death.

The ſigns of a cancerous womb are very uncertain, and obſcure, being often confounded with thoſe of conception, dropſy, or other affections of that organ; therefore, information ſhould be taken from the *touch* as well as the *ſymptoms*.

In ſpeaking of the menſes, the extraordinary ſympathy between the breaſts and womb has been mentioned; and it is here neceſſary to remark, that in all caſes, where a ſcirrhous or cancerous diſpoſition is ſuſpected, it will be neceſſary to examine whether the breaſts are in a ſound ſtate; for, pain or enlargement of theſe parts afford a preſumption that the womb may alſo be affected; particularly in bad habits of body, after the age of forty-five, where a ſenſe of weight and darting pain is perceived in the womb. This grievous malady is alſo to be feared where women continue to menſtruate *irregularly*,

irregularly, and with pain, to a greater age than ordinary; for, ſuch an unſeaſonable diſcharge is not properly menſes, but generally ariſes from ulceration of the womb, or bleeding, ſpungy tumors tending to become cancerous.

When the patient will not ſubmit to extirpation of the diſeaſed part, it then becomes neceſſary to attempt the cure by diſperſion, that is, by diſſolving the obſtructed matter in the gland, before it becomes cancerous. Various medicines have been propoſed for this purpoſe; the moſt powerful of which are *mercury*, *antimony*, and *hemlock*; but it muſt be confeſſed they are often ineffectual, and, what is ſtill worſe, inſtead of diſperſing the tumor, they ſometimes exaſperate and change it into a *confirmed* cancer, by exciting fever, and inflammation; eſpecially *mercury*, which ſhould therefore never be employed without proper advice. In cancers from a venereal cauſe, I have known mercury produce

produce good effects, but, in general, ripe fruits, the juices of the lacteſcent plants, as dandelion, ſuccory, &c. or ſoap diſſolved in thin chocolate, are, by far, the ſafeſt deobſtruents, eſpecially, where the part is affected with pain and inflammation.

As the means propoſed for a cure, do ſometimes defeat their own purpoſe, by making bad, much worſe; it appears eligible to uſe ſuch methods and medicines only as are extremely mild and gentle.

Little benefit can be expected from medicine, without proper regulation in the patient's diet. She ought to eat ſparingly of animal food, and live chiefly on milk and vegetables; freſh eggs, ſhell fiſh, and a ſmall quantity of any of the white meats, ſuch as chicken, veal, or rabbit, without ſalt or ſeaſoning, may be allowed every other day. Her common drink ſhould be toaſt and water, with a ſmall quantity of French brandy, if the firſt is too cold for her ſtomach; but if ſhe is naturally coſtive

and

and feverish, nothing will be so proper as imperial water sweetened with manna. She ought then totally to abstain from solid, animal food, and take broths medicated with sorrel, lettice, and such like herbs, with the addition of nitre instead of common salt, which will be equally palatable, and is of all others the most agreeable form of taking that cooling medicine.

Half a pint of fresh, new milk whey, in which one dram of the crystals of tartar has been dissolved, may be given night and morning. The aperient apozem, No. 21, may also be taken occasionally in the same quantity, which will tend to thin the blood, and open the obstructed glands.

When the tumor is external, it may be frequently bathed with juice squeezed from the pods of a marine plant called *sea wreck*, which is in greatest perfection in July, and may then be found in plenty on the different shores. One dram of salt of tartar dissolved in a pint of pure water, and applied milk warm to the

affected

affected part, with a ſoft ſpunge, twice or thrice a-day, is alſo a powerful remedy, which I have known to produce good effects; if it inflames the ſkin, a little milk may be added at the time of uſe. Should the malady be ſeated in the womb; the injection, No. 22, may be thrown up, with a womb ſyringe, three or four times a-day.

If the patient is in much pain, attended with fever, ſhe ſhould loſe a few ounces of blood, and, after the body is rendered laxative by the medicated whey, with cream of tartar, ſhe may take the ſaline mixture, No. 23; but if the pain ſhould ſtill remain exceſſive, the anodyne clyſter, No. 24, may be adminiſtered in the evening, as occaſion requires.

Aſs's milk, goats whey, and Briſtol water may all be uſed by turns, and ſhould be continued for ſeveral months; otherwiſe no good effect can reaſonably be expected.

I would alſo recommend the decoction, No. 25, taken in the quantity of half a pint night and morning. Two of the hemlock pills, No. 26, are particularly proper after bleeding and laxatives, when the diſeaſed tumor is perceived to grow red, or is affected with itching, inflammation or ſhooting pain, all which are unfavorable ſymptoms, denoting a ſtrong tendency in the part to become cancerous. Indeed, the truth is, too much time is generally loſt by vainly confiding in the power of medicine, whilſt extirpation of the diſeaſed part is neglected till too late.

When the tumor unfortunately breaks out into a *cancerous ſore*; Mr. *Soultzer* has recommended the *carrot poultice* as a very effectual application, for aſſwaging pain, and removing the intolerable ſtench attending ſuch ulcers. Its efficacy ſeems rather to depend on the vaſt quantity of contained *fixed air*, than any peculiar virtue; it ought therefore

fore always to be applied raw, as boiling would expel a conſiderable part of this air.

The poultice may be made with common carrots, procured in the months of February and March, and grated fine, ſo as to make a pulp which may be moiſtened with the juice of freſh carrots and pounded till it becomes in conſiſtence fit for a poultice. The old full grown carrots which are ſticky or thoſe gathered in the ſpring, are unfit for uſe, the firſt being almoſt void of juice; in the laſt, it is too crude and watery.

The vapor ariſing from fermenting liquors being found to poſſeſs the extraordinary power of ſweetening putrid fleſh, may be applied with good effects to fœtid ulcerous ſores. The diſeaſed part may be placed over the fermenting liquor, or receive the vapor in a full ſtream, from a pipe and flexible tube, proceeding from a veſſel which contains *chalk* and diluted *oil of vitriol*; and from which, without any agitation, a

ſufficient quantity may be produced for that purpoſe. By placing a thin piece of fine ſpunge on the ſurface of the ſore, and directing the pipe immediately to it, the vapor would have a more permanent effect, and be more equally diffuſed over the ſore.

A due attention to the paſſions and manner of living, as well as to diet, is alſo neceſſary. The patient ſhould endeavour to preſerve her body and mind from agitation and diſquiet; ſhe ſhould abſtain from the uſe of ſpirituous and fermenting liquors or ſtrong wines, and avoid all violent exerciſe, late hours, and the extremes of heat or cold. The natural diſcharges of the body ſhould alſo be regulated, in ſuch a manner, as neither to become exceſſive or deficient.

Thoſe are the principal reſources in ſcirrhous and cancerous diſeaſes, and although, from the very nature of thoſe horrid maladies, they are too often inſufficient to effect

a perfect cure; they ſeldom fail to mitigate the ſeverity of the ſymptoms, to prolong life, and render it more ſupportable.

Sometimes there are fleſhy excreſcences, which have long been improperly diſtinguiſhed by the name of *Falſe Conceptions*; thoſe, being in reality tumors growing from the ſubſtance of the womb. Clots of blood, ſqueezed and compreſſed into a ſolid maſs, by its cloſe contraction, or retained fragments of the after-burden, which put on the ſame appearance, have alſo been miſtaken for a falſe conception.

In general, the fact is as follows; When women miſcarry at an early period, the real conception, being almoſt in a gelatinous ſtate, from its extreme delicacy and tenderneſs of texture, is uſually diſſolved, and paſſing off from the womb in a fluid form, leaves the after-burden ſtill adhering, which, at laſt coming away, and no appearance of a child being found, it is then called a mole

or falſe conception. It follows therefore, that the falſe conception lies in the brain of old women, and ſilly nurſes; that which they deem ſuch, not being a falſe production of nature.

SECTION

SECTION VI.

Deſcent, or Bearing down of the Womb.

THIS happens when the womb falls down through the relaxed *vagina* or paſſage, and appears externally in the form of a tumor.

It has been the common opinion, that the womb is retained in its natural ſituation by two ſorts of bands or ligaments peculiar to it, and that this diſorder is occaſioned by a weakneſs of thoſe parts; but, from the moſt particular examination, they appear to have very little ſuſtaining power, and experience ſhews, that a deſcent of the womb may happen without any fault of thoſe ligaments.

But, allowing they were affected and their ſtrength impaired, even then the womb could not poſſibly deſcend to the external

parts, without an uncommon dilatation or enlargement of the vagina; and on the contrary, ſo long as that part is endowed with ſufficient reſiſtance, no bearing down could poſſibly follow, although the ligaments had loſt their ſuſtaining power.

The immediate cauſe of this diſorder muſt, therefore, be owing to a preternatural weakneſs and enlargement of the paſſage leading to the external parts.

Hence it may proceed from any cauſe which tends to relax the vagina and render it ſo weak as to allow the womb, in whole, or part, to intrude or preſs down thro' its enlarged cavity; when the firſt happens, it is called a *deſcent of the womb*, but if only the laſt, 'tis termed a *bearing* down.

In whatever degree the diſorder prevails it will always be rendered worſe by the upright poſition of the body; for then, the weight of the womb reſts more immediately upon the affected part.

If

If to this principal cauſe of the diſeaſe, other accidental cauſes are added, ſuch as a cough, ſtraining to lift heavy weights, or any violent efforts of the body, which act immediately on the womb; it will then be aggravated and rendered more difficult of cure.

Agreeable to thoſe circumſtances, a bearing down, and ſometimes an entire deſcent of the womb happens in conſequence of hard labours, where the fibres of the vagina have been ſo overſtrained, as not eaſily to be reſtored to their natural ſtrength and firmneſs, eſpecially in thoſe of delicate conſtitutions; on the contrary, virgins are ſeldom affected with it, except they are of a habit of body uncommonly lax and weak, or where the womb is in a diſeaſed ſtate.

The *fluor albus* alſo diſpoſes women to this complaint; becauſe the parts contiguous to the womb, gradually loſe their reſiſting power by the continuance of the

diſcharge

diſcharge, which not only exhauſts the ſtrength, but ſo macerates and relaxes, as to render them preternaturally ſoft and yielding.

The diſorder called *bearing down* is generally ſlight at firſt, producing an uneaſy ſenſation, as if ſomething was preſſing upon the affected part; but, where there is an *intire deſcent*, the ſymptoms are much more ſevere; for, the bladder being connected with the Womb, is then pulled down with it and occaſions a difficulty of urine, attended with pain.

This inconvenience may be remedied by preſſing up the tumor, when the patient is placed upon a bed or couch, ſo as to reſtore the bladder to its natural ſituation, which is a much more proper and eligible method, than that of paſſing the *catheter* to draw off the water; ſince in this particular caſe, the inſtrument would meet with great reſiſtance, and occaſion exceſſive pain and inflammation of the urinary paſſage.

When

When the tumor is large, and deſcends ſo low as to appear externally, it is apt to ſwell and ulcerate; but this does not proceed, as generally ſuppoſed, from the acrimony or ſharpneſs of urine diffuſing itſelf over the tumor, but from the ſtrangulation of veſſels at its upper part; by which the courſe of blood is obſtructed, even ſometimes to ſuch a degree as to produce *mortification.*

The deſcent of the womb is attended with many circumſtances of the moſt diſtreſſing nature to delicate women who are, unfortunately, moſt ſubject to it.

In bad habits of body, there have been inſtances where it ended fatally, by producing a *ſcirrhus* or *cancer.* In a word, it hinders the regular returns of the menſes, brings on *fluor albus*, *prevents conception*, and, at laſt, by perverting the natural functions of the womb, deſtroys the conſtitution.

It

It will therefore be prudent for every woman who at firſt perceives a bearing down, to conſider it as the fore-runner of the diſorders already mentioned, which might be prevented by applying for relief before the diſeaſe is rendered incurable from its long continuance.

The intention of cure will be, to replace the womb, to ſtrengthen, and brace up the vagina in particular, and the ſolid ſyſtem in general.

When the diſorder is of ſhort duration, the two firſt intentions may be effected by placing the patient on a bed or couch, with her head low and her hips raiſed, and then gently preſſing up the tumor, till it is returned into its natural ſituation. She ſhould afterwards continue, as much as poſſible, in the ſame recumbent poſition, and the cooler ſhe is kept the better. By ſuch means the womb will retire from the weakened part, and relieve it from the

ſuper-

ſuperincumbent preſſure, which it muſt otherwiſe ſuſtain from an upright poſition of the body.

When the tumor is large and of long ſtanding, attended with pain and inflammation, the patient ſhould be bled, and emollient poultices of white bread and milk applied twice a-day to the part affected, before any violent means are uſed to replace it; previous to which, the bowels ſhould be emptied by a purging clyſter, and the urine evacuated from the bladder.

Should the reduction of the tumor prove difficult, it may be attempted in a temperate bath of milk and water, in which ſhe may be placed with her ſhoulders low; but whenever there might be danger of a mortification, by delay, ſhe ought to have immediate recourſe to thoſe moſt converſant with ſuch diſorders.

After the tumor has been reduced, the intention of contracting the relaxed *vagina*, ſo as to prevent its future deſcent, may be effected

effected by the frequent uſe of the aſtringent injection, No. 27, and by giving more ſtrength and firmneſs to the whole bodily ſyſtem. Nouriſhing diet, the mixture, No. 28, together with the waters of Tunbridge or Spa, will contribute moſt to this end. The uſe of the cold bath will alſo be extremely beneficial, where the internal parts are free from decay.

This gentle method, purſued with ſteadineſs and patience will, at laſt, generally effect a cure, by reſtoring the weakened parts to their former ſtrength; particularly, as there is a natural tendency in the ſolids of the body, to contract and regain their uſual firmneſs, when freed from the ſtreſs and violence of ſuch cauſes as before had diminiſhed their power.

Some authors forbid the reduction of the tumor, when ulcerated, 'till after the ſore has been healed; but this practice is neither founded in reaſon or experience, for it would be impoſſible, permanently to heal the

the ulcer, whilſt the part remains out of its natural ſituation, and its veſſels are in a ſtrangulated ſtate; but on the contrary, being replaced, it will naturally heal without any other aſſiſtance than that of a little barley water, thrown up as an injection to keep the ulcer clean.

A ſimple bearing down, is ſometimes cured by pregnancy, from the effect of which, the womb enlarges, and will be gradually preſs'd upwards and reinſtated; however, after delivery, it generally returns with an aggravation of the ſymptoms. It may therefore, be prudent for the patient to keep her bed the longer on that account, and more effectually to prevent a relapſe, it will alſo be requiſite to uſe the ſame ſtrengthening medicines as have been directed in the cure of that diſorder, and to wear the T bandage, a few weeks after her going abroad.

In this complaint, all violent efforts of the body ſhould carefully be avoided, ſuch

as

as vomiting, coughing, ſneezing or laughing; alſo *tight lacing*, or whatever compreſſes the belly and womb. The ſame regimen as that recommended in the *fluor albus*, reſpecting air and diet, will be neceſſary.

The curative method here laid down being directed to the very ſeat of the diſorder, is in every reſpect preferable to the application of thoſe painful and indelicate inſtruments, called *peſſaries*, ſo often made uſe of with a bad effect; for, inſtead of ſtrengthening the weak part, they lay additional ſtreſs upon it, and conſequently are highly improper. It muſt be plain to the moſt common capacity, that ſuch applications only prevent the deſcent of the womb by obſtructing the paſſage; therefore, ſo long as the part is thus kept in a ſtate of continual diſtention, it never can be braced up or ſtrengthened by the power of art or nature.

If

If the *peſſary* is introduced too ſmall, it will ſoon be forced away by the firſt fit of coughing or ſtraining, and if too large, will bring on the *fluor albus* in a high degree; beſides, it generally becomes ſo painful as not to be endured, and being a pernicious application, ought to be rejected from practice. It never can anſwer any good purpoſe, but on the contrary, will always increaſe the malady, by overſtraining and weakening that part which was much too weak before.

In two particular caſes where I was conſulted, ſuch Peſſaries had been introduced; in the firſt, the patient was far advanced in years, and had worn the inſtrument for a long time. She complained of great heat and inflammation, at the lower region of the belly, attended with violent colic pains, and frequent but ineffectual endeavours to void her urine; ſhe had much fever, and at laſt became delirious, from want of ſleep and violence of pain, which threatened

a mortification of the bowels. What I preſcribed only afforded temporary relief, for the real nature of her complaint was at firſt concealed from me. The Peſſary, which was made of cork, being very large, and cloſely confined by inflammation of the part; I was obliged to uſe conſiderable force to extract it, which occaſioned much pain and a diſcharge of blood; however, by proper care, ſhe at laſt recovered, and afterwards remained well.

The other caſe was attended with the like ſymptoms, but in a leſs degree, and was alſo removed by the extraction of the Peſſary.

Theſe are only a few inſtances to ſhew the bad effects of ſuch inſtruments. A Peſſary was lately extracted from the fundament of a woman in St. Thomas's hoſpital. It had made its way from the vagina or paſſage, by a mortification of the parts, and nearly coſt the patient her life.

Should

Should the deſcent of the tumor, prove very troubleſome, and prevent the patient from walking about; a fine ſpunge wrung out of alumn water may be dried in a compreſſed ſtate, and cut into any convenient form, ſo as to be introduced as high as poſſible. This application will not only act by its aſtringency, but alſo by its preſſure, though in a much more gentle and uniform manner, than any kind of peſſary made of harder ſubſtance.

During the uſe of this application, the aſtringent injection, No. 29, may be uſed twice a-day, and the ſpunge tent ſhould gradually be made ſmaller, from time to time, as the vagina contracts. The T. bandage may be worn a few weeks, the better to retain the tent, and to ſecure the patient from the danger of a relapſe.

SECTION VII.

Of Abortion and Barrenneſs, and the Remedies moſt effectual in preventing theſe Maladies; with Rules and Cautions for the Conduct and Regimen of Women during the ſeveral Periods of Pregnancy, alſo Remarks on the Power of the Mother's Imagination on the Child in the Womb.

ABORTION and Barrenneſs may be conſidered as diſorders of the ſecondary kind, proceeding either from a fault in the general habit of body, or ſome particular defect in the ſtructure and uſe of the womb or parts peculiar to it.

Reſpecting the various diſeaſes of the womb already treated of, 'tis no wonder its natural functions ſhould be perverted or deſtroyed, and therefore, that women ſometimes

times prove *barren*, or, having conceived, ſhould often *miſcarry*.

In proportion as they deviate from the ſimple law of nature in their manner of living, the vital powers of the body will be impaired, and among the reſt, thoſe which contribute to multiply their ſpecies. This more evidently appears by infirmities peculiar to women of ſuperior rank, from which thoſe of more humble ſtations, are almoſt entirely free.

The poor female cottager who uſes exerciſe in the open air, who eats the coarſe, but wholeſome bread of induſtry and drinks from the cooling ſtream, is ſeldom troubled with thoſe maladies which afflict the rich and indolent, undone by the abuſe of plenty. Her body is not like that of the modern fine lady robb'd of its native vigor by unſeaſonable indulgence, or her mind tortured by imaginary wants; her nerves are not convulſed by inſults of paſſion, or the exceſſes of midnight diſſipation. So far from being

barren, ſhe generally becomes the mother of a numerous and healthy offſpring, which, like young oaks of the foreſt, planted by the hand of nature, without the imperfect, artificial help of a nurſery, by nature ſimply live and thrive.

Among the general cauſes productive of *abortion* and *barrenneſs* may be reckoned all thoſe which occaſion *irregularity* or *obſtruction of the menſes*; for, I have obſerved, that ſuch as menſtruate ſparingly, at undue periods, or not at all, are either barren, or produce a puny race which are often brought forth before their time.

Such faults of the conſtitution as produce abortion may alſo ariſe from a *ſcorbutic* or *ſcrophulous* habit of body; or from a *venereal taint* which vitiate the blood, and render it unfit to nouriſh the child. Poiſon the ſource from which a vegetable draws its juices, and inſtead of producing fruit, it will wither and die.

Abortion

Abortion may alſo happen from fevers, or other acute diſeaſes incident to the mother; from external violence, as blows or falls, ſudden terror, or anxiety of mind; offenſive ſmells, or food taken into the ſtomach which offends either in quantity or quality. A preternatural conformation of the womb, where it is too narrow and contracted, or ſuch diſeaſes in the *Stamina* of the child as deſtroy it in the very bud, may likewiſe prove the cauſe of abortion.

Women are moſt liable to miſcarry in the firſt four months of pregnancy, for then the veſſels connecting the child to the womb are ſo extremely delicate as to be broken aſunder by various accidental cauſes; and when all intercouſe between them is deſtroyed, abortion muſt neceſſarily follow. So great is the *analogy* between animal and vegetable bodies, that the *embryo* or child in this tender ſtate, may be compared to a bloſſom, which is often blighted and deſtroyed before the fruit is perfectly ſet.

Acute fevers, and the extremes of ſudden *fear* or *anger* create abortion, by increaſing the motion of the blood upon the womb, and forcing off the after-burden adhering to it.

In ſuch caſes, bleeding, gentle evacuations by the bowels, and the opiate pill, No. 30, are the principal remedies, together with the warm bath, more particularly, if the patient has been frighted; but if ſhe had a fall or blow, the balſamic, laxative mixture, No. 31, after bleeding, with a ſpare diet, will be ſufficient.

Sickneſs and vomiting, or ſwimming in the head, occaſioned by offenſive ſmells, may be relieved by *Eau de luce*, lavendar water or ſharp vinegar applied to the noſe; and if the ſtomach is oppreſſed with improper food, it may be diſcharged by the gentle emetic, No. 32, but ſhould the patient be attacked with violent purging attended with pain, teneſmus or bloody ſtools, ſhe ought by no means to truſt her own judgment, but apply

apply for proper advice; all violent diſorders of the bowels being attended with great danger.

Thoſe *abortions* which uſually happen at certain periods of time, as in the ſixth or ſeventh month, are generally owing to a contracted womb, and therefore incurable; except the frequent diſtention of the part, by repeated conception, ſhould at laſt remedy that inconvenience; otherwiſe, we have no power to alter the natural ſtructure of the organ; neither do thoſe abortions admit of relief, where the *ſtamina* or principles of the *embryo* are originally diſeaſed.

In ſuch caſes, no remedy has perhaps been ſo much abuſed as *bleeding*, which, like other means, becomes beneficial or hurtful according to the manner in which it is directed.

The quantity of blood carried off at each *monthly period*, in the ſpace of nine lunar months, is found to be much leſs than the weight of a new-born infant, and its after-

burden;

burden; which are ſuppoſed to be actually conſtituted by the menſtrual blood retained, during pregnancy, for that purpoſe.

Some women are therefore obſerved to become much thinner in the laſt months of pregnancy, from the conſumption of their own proper juices, as well as that blood deſtined by nature for the nouriſhment of the child. Hence it appears, that bleeding, without ſome preſſing occaſion for it, is not only unneceſſary, but even pernicious in the laſt months of pregnancy, when the child becomes ſo large, as to require full as much blood as the mother can ſpare.

Since women of ſtrong habits, who continue to menſtruate in the firſt months of pregnancy, are apt to miſcarry about thoſe periods; it will then be adviſable to take away a ſmall quantity of blood, till after the fourth month; eſpecially if the patient is feveriſh or in pain.

The body ſhould alſo be rendered cool and laxative by ripe fruits, and ſlender diet will be

proper,

proper, which, indeed, nature herself points out; for the ſtomach, like a faithful monitor, then rejects its contents, inſtead of retaining and digeſting them; conſequently, by the ſickneſs and vomiting prevailing in the firſt months, the ſymptoms of fulneſs are leſſened, and the malady is relieved.

But to ſpeak experimentally; though well-timed bleeding in the firſt months may ſometimes be of ſervice; in general, there is not that occaſion for it which is commonly ſuppoſed; for I have frequently obſerved, that young women, although they were plethoric, very ſeldom miſcarried, if otherwiſe ſtrong and healthy, and on the contrary, thoſe of a weakly, hyſterical habit were often liable to abortion, although no overfulneſs of the veſſels prevailed.

In ſuch conſtitutions as the laſt, bleeding is highly pernicious, for women as often miſcarry from want of blood as from its redundance; and the more their veſſels are emptied,

emptied, the weaker will they become, and ſtill more ſuſceptible of every external impreſſion affecting the body or mind: Therefore, inſtead of diminiſhing the quantity of blood, every thing ſhould be done to increaſe it, and to ſtrengthen the nervous ſyſtem.

As the cauſes of abortion are almoſt innumerable, it is extraordinary women do not oftener miſcarry. In fact, the offenſive ſmell from the extinction of a candle, or the moſt triffling accidental cauſes, will occaſion miſcarriage in ſome, whilſt ſuch is the retentive faculty of the womb in others, that no impreſſion on the body or mind, however violent, or any medicine, 'tho ever ſo powerfully noxious, is ſufficient to produce that effect.

I have known ſeveral inſtances, where abortion was produced by the ſmell of freſh painted rooms, or by the patient's overreaching herſelf, and others where forcing medicines were raſhly adminiſtered

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in a ſuppoſed obſtruction, which turned out pregnancy, and yet no abortion enſued.

As I had been at Liſbon the year before the *Earthquake*, humanity, as well as curioſity, led me to enquire after the fate of ſeveral Ladies who were then pregnant; yet notwithſtanding that dreadful calamity, by which ſo many thouſands periſhed, and where nothing preſented but ſights of the extremeſt horror, which actually killed ſome with ſudden fear; I was informed that many of thoſe pregnant eſcaped abortion, and were happily delivered at their full time: So different was the effect of the ſame cauſe, in conſtitutions endowed with different degrees of feeling.

Whatever may be the cauſe of abortion, the effect is produced by a ſeparation of the after burden from the womb, and conſequently, the child being deprived of nouriſhment, muſt ſoon periſh and be expelled.

The

The moſt common ſigns of abortion, are a forcing down with ſlight pains, like thoſe of labour, and the diſcharge of a watery fluid ting'd with blood; together with mucus of a rediſh color, commonly called a ſhew, or token of approaching miſcarriage.

Under thoſe circumſtances, eſpecially in the firſt four months, aſſiſtance from the hand of the midwife is ſeldom neceſſary, and the medicines uſually adminiſtered have but little effect; however, the patient may take a ſpoonful or two of the anodyne julep, No 33, which will mitigate the pains and procure reſt. She ought to be kept cool and quiet, and is always in the leaſt danger, in proportion as ſhe miſcarries without any violence applied, under the pretence of giving her aſſiſtance. If her pulſe is full, attended with much pain or fever, ſhe ought to be blooded; eſpecially if ſhe has ſuſtained any external injury, otherwiſe it will not be neceſſary.

On

On this occaſion, I am deſirous to caution the patient againſt the dangerous uſe of ſuch medicines as are ſuppoſed to be endowed with the ſingular power of bringing away the child and after burden, and procuring what is called an eaſy time; the bad effects of which I have remarked at page 69; for all ſuch medicines being of the forcing kind, may kindle up a fever, and occaſion dangerous floodings, or perhaps an inflammation of the womb, and death itſelf.

In caſes of apparent miſcarriage, there is one particular ſign which ought to be attentively regarded, viz. the diſcharge of a fleſh-colored, flaky ſubſtance, which comes away with the waters: When this delicate membrane peels off from the womb, and thus appears, it is out of the power of human art to prevent the impending evil; this ſubſtance being the very cement or *bond of union* between the mother and child, and being now broken down, and diſſolved, all communication muſt ceaſe; and the laſt being

being deprived of nouriſhment, abortion will neceſſary follow. Medicines therefore propoſed to be given by way of precaution, are, in ſuch caſes, totally out of the queſtion.

A ſuppreſſion of menſes being by far the moſt common cauſe of barrenneſs; the proper regulation of that diſcharge will contribute more to remove it than any other method whatever: the Reader is therefore referred to what has been laid down on the treatment of obſtructed menſes.

Particular diſeaſes of the womb, ſuch as ſcirrhus, cancer, or a dropſical ſtate of that part, or any kind of excreſcence ſhutting up its orifice, may alſo render the patient barren.

The *fluor albus* likewiſe often prevents conception, or where it really happens, render it of no effect; for if the womb is overcharged with continual moiſture, the Embryo may glide through its relaxed orifice, before it has had time there to ſtrike root.

Beſides,

Beſides, as the womb is not the original ſeat of conception, but receives from the *ovarium* the impregnated ovum, or child in miniature, by means of a ſlender tube; if any of the parts ſubſervient to this organ are diſeaſed, or defective in their office, no conception will then follow, although the womb remains perfectly ſound, and in its natural ſtate.

Sometimes there is a preternatural expanſion of that membrane called *Hymen*, which may render venereal intercourſe ineffectual, and the diſcharge of menſes impoſſible. Two or three inſtances of this kind have occurred to me in practice, where the patient was therefore ſuſpected of being with child, both becauſe of the ſwelling of her belly, and abſence of the menſes.

In one of theſe caſes, the menſtrual blood, at every monthly period, was retained in the womb, inſtead of being diſcharged, creating a conſiderable enlargement of the

belly, and other diſtreſſing ſymptoms, which were at laſt perfectly cured by the neceſſary operation.

On ſuch occaſions the ſtate of the womb ſhould be particularly attended to, and information taken from the touch; if any defect be perceived in the generative parts, it ſhould be remedied if poſſible, by the aſſiſtance of a ſkilful ſurgeon. But where the patient labours under a *ſuppreſſion of menſes* or profuſe diſcharge of the *fluor albus*, the firſt ſhould be promoted, and the laſt reſtrained, according to the rules already laid down in treating of thoſe Diſeaſes.

I have known ſome barren women become fruitful, by going from a cold to a warmer climate. A woman in London who had been married nine years, and during that time never had a child or miſcarriage, by reſiding with her huſband in the Weſt-Indies, ſoon afterwards became pregnant, and

and at her return, was delivered of her third child in the Weſtminſter Lying-in Hoſpital.

This caſe, as well as ſome others, which I have obſerved of the like kind, ſuggeſts a uſeful hint, and points out the neceſſity of producing that change of habit which can only be effected by alteration in the degrees of heat, the qualities of air, and difference of diet. Beſides, we have already taken notice, that women menſtruate more freely and regularly in warm climates, and that ſuch are always more fruitful; which ſeems to account for the extraordinary inſtance now mentioned.

This remark is further confirmed by the following circumſtance, viz. Some women though in the ſame climate, conceive at one particular time of life, who had been barren at another, eſpecially ſuch as were weak and delicate: This ſeems to happen in conſequence of a certain change produced in the conſtitution, by the effect of

increaſing age, which hardens the fibres and adds ſtrength to the ſyſtem.

Where barrenneſs proceeds from univerſal weakneſs, nothing will ſo much aſſiſt as nouriſhing diet, preparations of Peruvian Bark, the iron waters of Tunbridge, Pyrmont, or Spa; but if they cannot conveniently be procured, pure water, artificially impregnated with their qualities, as directed by Dr. *Prieſtly*, and which perhaps is not inferior in its effects, may be frequently drank freſh prepared. Moderate exerciſe in pure, dry air, and the uſe of a cold-bath, will alſo contribute greatly to relieve thoſe who miſcarry from a weak and irritable nervous ſyſtem.

To conclude; as ſea voyages, change of climate, and alteration of diet have been known to cure conſumptions and other chronic diſeaſes, where medicines availed but little; and as thoſe cures were manifeſtly brought about by a gradual, mechanic change in the bodily powers; it ſeems highly rational to recommend

recommend a trial of their effects in cases of Barrenness or Abortion, so often arising from concealed maladies which disorder the constitution,

I could wish to recommend the following *Simple Regimen*, which may be varied occasionally, as circumstances require.

If the patient is of a full habit and inclined to grow corpulent, let her increase her exercise and lessen the quantity of her food, which should chiefly consist of milk and vegetables. For such; pure water, lemonade, or imperial water, are the best drinks.

If she is thin, weak and delicate; less exercise will be sufficient, and her food may be taken often, in small quantities: White meats, jellies, shell-fish and fresh eggs, should chiefly constitute her diet. After dinner she may drink a small quantity of brandy with water, sometimes a glass of Port or Madeira-wine, or half a pint of clear, old London Porter. Tea, especially in the morning, is pernicious, as well as the

cuſtom of drinking it or other liquors too warm, which macerate and relax the ſtomach, and deſtroy its digeſtive faculty. For breakfaſt ſhe may drink coffee, milk or thin chocolate. The ſtrengthening infuſion, No. 34, may be taken twice a-day, and at the ſame time the cold-bath will be highly beneficial. She ſhould go ſoon to bed, and riſe early.

Abſence from home may alſo be requiſite; for ſome women, who for a time had retired from the embraces of their huſbands, proved with child after their return.

Various have been the means deviſed to catch the attention of the weak and credulous, under the pretence of making barren women conceive, but, unfortunately they generally failed in the trial. The craft and ſubtle artifice of thoſe, who, like gypſies and juglers, turn the extravagant belief of the public, to their own private gain, have introduced charms, incantations, and ſuch

like

like ludicrous mummery; as well as odious and uncouth medicines, which nature ſhould abhor.

A due attention to the following ſimple *Rules* and *Cautions for the conduct of women during the different periods of pregnancy*, may be neceſſary, particularly for thoſe who have been apt to miſcarry.

For the firſt three or four months women of full habits ſhould live on ſimple diet, and ſomewhat more abſtemiouſly than uſual. Every thing which violently increaſes the blood's motion, whilſt the connection between the mother and child is ſlender, ſhould be carefully avoided; and therefore agitation of body or inquietude of mind will be extremely injurious. If the patient is ſtrong, has a full pulſe, and affected with pain, fever, head-ach, ſickneſs, or vomitings, ſhe ſhould loſe a few ounces of blood, and if coſtive, a ſpoonful or two of the laxative mixture, No. 35, may be taken occaſionally, till it produces its effects, and afterwards, the

uſe of ripe fruits, new raiſins, and a vegetable diet will keep her body cool and laxative.

If ſhe is weak, delicate, and hyſterical, or ſo irritable, as to be affected with flurry of ſpirits, on ſlight occaſions; bleeding and evacuations are improper. At ſuch times, the infuſion, No. 36, may be taken twice a-day, and one of the anodyne pills, No. 37, whenever ſhe meets with any ſudden ſurpriſe, or is affected with pain and anxiety which deprive her of ſleep.

Her diet ſhould be of the nouriſhing kind, conſiſting chiefly of broths, jellies, freſh eggs, and the like. If ſhe is ſubject to indigeſtion, and oppreſſed with wind at ſtomach, ſhe ſhould abſtain from tea and vegetables; and inſtead of malt liquors (a glaſs of clear old porter excepted) drink toaſt and water, with the addition of a little rum or French brandy. In the ſummer, ſhe ſhould lay cool on mattreſſes and not indulge herſelf too long in bed.

After

After the fourth month ſhe may live on fuller diet, and uſe more exerciſe, till about the beginning of the eighth, at which time, if ſhe finds herſelf heavy or unwieldy, affected with cramp, pains in her loins, or ſwelling of the legs, ſhe ſhould often indulge herſelf on a bed or couch during the day.

If ſhe is coſtive and ſubject to heart-burn, or piles, the uſe of *magneſia* will be proper; if ſleepy after dinner, or oppreſſed with throbbing and palpitation of the heart, ſhe ſhould diminiſh the quantity of ſolid food, and live chiefly on milk, nouriſhing broths, or ſpoon meats.

Before we conclude this ſection, it will not be improper to conſider, in a curſory manner, thoſe effects which have been imputed to the *Imagination* of the mother in marking and deforming her child in the womb, and as I have amply treated on this ſubject in my PUBLIC LECTURE introductory to the ſcience of Midwifery, I ſhall beg

leave

leave to tranſcribe from thence, ſuch particulars as ſeem moſt applicable to the preſent occaſion.

"It is to be regretted that the generality of women are inclined to adopt an opinion ſo unfavorable for their own repoſe, and which not only tends to diſturb the mind and fill it with dreadful apprehenſions, but is alſo contrary to experience, ſound reaſon, and the ſtate of the animal œconomy. To ſuppoſe that nature in the production of the human ſpecies, ſhould thus tranſgreſs her own laws, and be put out of her regular courſe, by trifling accidental cauſes, is not only cruelty and diſaffection to themſelves, but an affront to the wiſdom and goodneſs of the Creator.

"No anatomiſt has ever been able to demonſtrate the exiſtence of nerves in the umbilical-cord or navel-ſtring, which is the medium of all intercourſe between the mother and child; how then can the imagination of the firſt extend its influence to

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the laſt, without the mediation of nerves, which are the organs of all ſenſation?

"A child in the womb has a body perfectly diſtinct from that of the mother, and is not at all affected by her ſenſations, which are entirely confined to her own ſyſtem; many inſtances may be brought to prove that the one ſleeps whilſt the other is awake; the one is in pain when the other is at eaſe, and that each has a circulation of blood peculiar to itſelf.

"It has been obſerved that infants have often been mark'd, where there was no preceding diſturbance in the mother's imagination, and on the other hand, in caſes where it had been violently affected, the child has been free from marks and deformities. Hiſtory informs us that *Rizzio*, ſecretary to *Mary*, Queen of Scots, was ſtabbed in her preſence whilſt ſhe was pregnant, but notwithſtanding the horror impreſſed upon her mind by ſuch a ſight, ſhe was delivered of a child, afterwards

wards *James* the firſt, who had not the leaſt appearance of blood-colored marks or ſtigmata.

"We are ſeriouſly told, that marks reſembling red-currants, &c. become more red and vivid when thoſe fruits are ripe; to which, if any reply be neceſſary, it may be anſwered, that the paleneſs or florid color of the ſkin depend on the quantity of blood paſſing through the ſmaller veſſels on its ſurface, conſequently it muſt appear moſt ruddy, in hot weather, when ſuch fruits are in ſeaſon. If the imagination has power to produce colors, as ſome have weakly ſuggeſted; why ſhould not the child as often be mark'd with green gooſeberries as red currants, ſince the mother may long for the one as well as the other.

"But ſeeing that marks and monſters do ſometimes happen, how are they to be accounted for, or from what cauſes do they proceed? perhaps from ſome accidental violence

lence disturbing the tender embryo, or from a diseased stamina, where the first stamp of its existence is defective.

"In a word, monstrous fœtus's happen as often in brute animals, where the imagination is not supposed to operate, as in the human species. Even the inanimate bodies of plants are sometimes preternaturally form'd. From the whole of these preceding circumstances, we may reasonably conclude that the mother's imagination can have no power either to alter the stamina of the fœtus, or change the mode of its existence, by giving it additional parts, or taking away those which were already form'd.

SECTION.

SECTION VIII.

Of the Hæmorrhoids or Piles; Obſtruction or Incontinence of Urine, Strangury, and Ulceration of the Bladder.

INDOLENT and inactive women of groſs habits are often ſubject to the Hæmorrhoids or piles, eſpecially during pregnancy, not only from the enlargement and preſſure of the womb, but from coſtiveneſs ſo frequent at this juncture; both which obſtruct the circulation, and overload the blood-veſſels of the *rectum* ſo as to occaſion heat, throbbing, and acute pungent pains in the contiguous parts.

This diſorder is diſtinguiſhed into *blind* and *bleeding piles*: The firſt, are not attended with any rupture of the veſſels or diſcharge of blood, but in the laſt, the veins are ſo over charged, as to puſh outwards in form of irregular prominences which burſt and pour out their contents.

The

The blood diſcharged by open or bleeding piles may be diſtinguiſhed from that voided in the *bloody flux*, by the following ſigns: In the firſt, the pain is local, chiefly confined to the fundament, and the blood comes away alone or before the ſtools; but in the laſt, the pain is more extended over the belly, the blood is diſcharged together with the ſtools, or afterwards by the efforts of ſtraining.

From the *bleeding piles*, although a troubleſome diſorder, many benefits are derived to the conſtitution, in preventing ſome diſeaſes or curing others; and therefore, the diſcharge ought not to be haſtily ſuppreſſed, except it becomes ſo immoderate as to occaſion faintneſs and loſs of ſtrength.

In complaints of the *head*, *breaſt* and *bowels*, attended with low ſpirits and melancholy; many examples might be brought to ſhew its ſalutary effects; and in diſorders of the bladder and womb, it has been found more immediately ſerviceable, in conſequence

conſequence of a communication of veſſels between thoſe parts, and that from which the offending blood is evacuated.

Here it may be proper to remark, that blood is often diſcharged from different parts, at different periods of life, according to the peculiar habit of body which then prevails: In youth, it often eſcapes from the *noſe*; at maturity, it proceeds from the *womb*, ſometimes from the *ſtomach* or *lungs*, but in more advanced age, or the autumnal ſeaſon of life, it frequently paſſes off by *bleeding piles*, either to compenſate for the loſs of ſome other neceſſary diſcharge, or to relieve the conſtitution of blood which then too much abounds, and cannot paſs off by the womb.

There is a manifeſt ſympathy between the menſes and bleeding piles: For inſtance, when the firſt are obſtructed, I have obſerved that the laſt ſometimes became periodical, and ſupplied their want. Such a diſcharge therefore, can never be ſtopped without in-

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jury to the conſtitution, neither ſhould it be ſuddenly reſtrained, whenever it happens about the *ceſſation of the menſes*, for then it ſeems to be an expedient of nature to prevent the inconvenience of too ſudden a ſtoppage of that long accuſtomed evacuation.

I have ſeen ſeveral inſtances of its good effects in ſuch caſes, and where, by an over haſty ſuppreſſion; anxiety at the breaſt, with palpitation of the heart and internal fluttering were brought on, attended with *hyſterics*, dejection of ſpirits, and a train of diſtreſſing ſymptoms, which could not be ſo effectually relieved by any method as that which procured a return of the bleeding piles.

This diſorder may be brought on by habitual coſtiveneſs, the immoderate uſe of ſpirituous liquors, or ſtrong purgatives with *aloes*. Violent anger, anxiety of mind, or taking cold, will have the ſame effect. From high living, or improper treatment, which heat the blood and excite fever, it is

ſometimes terminated by inflammation and a collection of matter, producing a *fiſtula*, or hollow ulcer not eaſily cured without cutting, eſpecially, in bad conſtitutions or thoſe who lead a ſedentary inactive life.

In the blind piles, attended with pain and fever; bleeding, laxatives, and ſpare cooling diet of the vegetable kind are proper. The liberal uſe of ripe fruits are beneficial, alſo veal broths, with a large addition of cooling herbs, and a little *nitre* inſtead of common ſalt, which thus taken is very palatable, and productive of good effects, by promoting perſpiration and urine, as well as by gently opening the bowels.

The patient ſhould often indulge herſelf, if poſſible, by lying down on a bed or couch, and nothing will relieve her more than being kept extremely cool; her food ſhould be light and eaſy of digeſtion, and ſhe may take cream of tartar whey, or imperial water for common drink.

When

When the pain is excruciating; *Leeches* may be applied to the affected part, and tempted to take hold by touching the ſurface with blood; but if they will not fix, blood may be ſafely diſcharged from the larger piles, with the point of a fine lancet, which generally procures immediate eaſe. The opiate clyſter, No. 38, ſcarcely milk warm, may be adminiſtered in a ſmall quantity, when the pain continues acute, and if the pipe is covered with a pigeon's gut inverted, it will glide up with much more eaſe to the patient.

If ſhe cannot be prevailed upon to ſubmit to this method, ſhe may be placed over the ſteam of warm water, impregnated with lavendar and elder flowers, to which half a table ſpoonful of *liquid laudanum* has been added at the time of uſe.

Nothing will give more inſtant eaſe in a painful fit of the blind piles, than the application of intenſe cold to the ſurface of the body. A glaſs of cold ſpring water may

be taken at the ſame time, and a ſoft ſponge dipped in the cooling lotion, No 39, may be applied to the affected part, and ſecured by the T bandage. The opening electuary, No. 40, may then be taken in the quantity of a nutmeg every other morning, or oftener, ſo as to keep the body gently laxative.

Ointments are moſt proper after the pain and inflammation are abated; and ſhould any be uſed, that at No. 41, is eligible, on account of its whiteneſs and want of ſmell; but thoſe applications are not ſo efficacious as generally imagined.

Where the ſtrength is apparently waſted by too profuſe a diſcharge of bleeding piles, it may be reſtrained by keeping the body cool, and the uſe of vegetable acids taken in common drink, ſuch as the juice of lemons, oranges, or pomegranates, or a decoction of *tamarinds* ſweetened with manna. The affected part may be bathed twice or thrice a-day with a ſoft ſponge, dipt in port wine, which may afterward be

be gently bound on the part, by the T bandage. A tea-cup full of the ſtrengthening, aſtringent mixture, No. 42, may then be taken twice a day with great advantage.

Nothing is ſo efficacious to recal the bleeding piles, as ſmall pills of purified *aloes* and ſoap, one of which may be taken night and morning; the patient may at the ſame time uſe emollient clyſters and the warm bath. So powerful is the effect of *aloes* in producing piles, that we are told, the *Jews*, *Venetians* and eaſtern people, from the frequent uſe of this drug, are of all others moſt ſubject to that diſorder.

I have here purpoſely omitted the mention of *ſulphur*, as a medicine frequently given for the piles; but from what I have repeatedly ſeen of its effects, I cannot think favourably of it, having twice obſerved a very dangerous and profuſe diſcharge of blood from the womb, occaſioned

by its liberal uſe. It evidently heats the body and increaſes the blood's motion, and therefore acts in a manner directly contrary to the intention of giving relief, like many other things more regarded from cuſtom than propriety.

I have directed ſulphur with good effects in *chronic rheumatiſm* and other caſes of the like kind, proceeding from weak veſſels and a languid circulation: It ſeems to act by promoting a free diſtribution of the blood, and by increaſing inſenſible perſpiration.

Thoſe who have been ſubject to *piles* and wiſh to prevent their return, ſhould keep the body laxative and live on light, ſimple food; they ſhould uſe gentle exerciſe and drink pure water, avoid ſpirituous liquors, night air, and as much as poſſible, anger or anxiety of mind.

Diſorders of the Urinary Bladder, may proceed from all ſuch cauſes as produce pain and inflammation of that part; viz. injuries received in hard labours; the gravel and

ſtone,

ſtone, or a long and painful retention of urine. Alſo ſharp ſcorbutic humors, or the tranſlation of febrile matter to that organ, at the criſis of a fever.

The ſudden ſuppreſſion of menſes, or bleeding piles; the immoderate uſe of mercury, Spaniſh flies, or ſuch like violent and corroſive medicines, have alſo been found to injure the bladder.

A long retention of urine, in the female ſex, has often been productive of the worſt conſequences, and is one of the moſt frequent and principal cauſes of diſeaſes in the bladder, which might be avoided by imitating that freedom of retiring peculiar to French Ladies, who are much leſs ſubject to ſuch complaints, than thoſe of this country.

Urine, when too long retained in the bladder may prove hurtful both by its quantity and quality; the firſt will overſtrain its fibres and produce weakneſs or palſy ſo as at laſt to bring on *Incontinence of*

urine; and when by heat and long ſtagnation, the oil and ſalts of that fluid have acquired acrimony, they will corrode the internal coat of the bladder and occaſion inflammation, fever, ſtrangury or even ulceration.

The celebrated *Tycho Brahe* attending the Emperor of Tuſcany in a coach, and retaining his urine too long, forfeited his life to his falſe delicacy.

Preſſure of the child's head on the neck of the bladder, during labour, or ſubſequent inflammation, may alſo create pain and difficulty in rendering the urine.

The method of treating this diſorder muſt be varied according to the cauſes by which it was produced.

If it ariſes from any violence creating local pain and inflammation which ſhut up the urinary paſſage, bleeding and laxatives will be proper; after which the anodyne emulſion, No. 43, or linſeed tea may be given for common drink; an emollient

clyſter

clyſter with mallow leaves boiled in milk may alſo be adminiſtered, and for nouriſhment the patient may take veal broth, with nitre, or ſmall quantities of any ſimple food void of ſeaſoning.

The warm-bath may alſo be uſed; but if the ſymptoms do not ſpeedily give way to ſuch treatment, the urine ſhould be drawn off by the *Catheter* without delay, for whilſt it continues to collect in the bladder, and cannot be evacuated, relief from any other method would be expected in vain. However, it may be laid down as a general rule that all diſeaſes of this part proceeding from a *ſcorbutic*, groſs habit of body, can only be remedied by ſuch diet and medicines as powerfully promote the natural diſcharges and reſtore the blood to its balſamic ſtate.

If the patient is ſubject to the *Stone* or *Gravel*; half a pint of ſhell lime water with a third part of new milk, may be drank twice a day; or one dram of almond

ſoap

ſoap diſſolved in half a pint of thin chocolate, taken at two doſes by proper intervals as the ſtomach will bear. But the medicine of all others the moſt elegant, and what I have often directed with ſucceſs, in ſuch caſes, may be found at No. 44. Half a dram of ſalt of tartar, diſſolved in three ounces of pure water, ſweetened with honey, to which half an ounce of freſh lemon juice is added, may be ſwallowed dur ing fermentation: This mixture has lately been recommended as a very powerful diſſolvent. Thoſe remedies however ſhould be regularly purſued for ſeveral months, otherwiſe no laſting effect can be expected from them. But indeed, the truth is, they are much better calculated to prevent the formation of gravel in the kidnies, than to diſſolve it when concreted into a ſtone in the bladder.

The patient may know whether the bladder or kidnies are affected by the nature of the ſymptoms, viz. When the firſt, the pain is ſeated low in the belly, or contiguous to the

the urinary paſſage; but in the laſt, an indolent pain, with numbneſs, is perceived acroſs the loins, which abates from time to time, as the ſandy particles fall down from the kidnies into the bladder.

This laſt ſpecies of the diſorder, if violent, is generally attended with ſickneſs at ſtomach, pains in the bowels, and a profuſion of *bile*; it therefore, has frequently been miſtaken for a complaint of the bilious kind; but, as it plainly ariſes from nervous ſympathy; bleeding, a ſolution of gum arabic and opiates will be propereſt to abate the pain and inflammation, after which the bilious ſymptoms will ceaſe.

In this particular caſe; *vomits*, which would agitate the body, and increaſe inflammation, are highly dangerous, although they have been inadvertently directed, on account of the bile and ſickneſs at ſtomach, which here are only ſymptomatic Diſorders.

Incontinence of Urine, or want of power to retain it the uſual time, may proceed from

from preternatural weakneſs or palſy in the neck of the bladder, which ſometimes happens in the decline of life; alſo from laceration, an ulcer or injuries received from difficult labor; in conſequence of which the urinary paſſage is imperfectly cloſed, and from thence the urine is allowed to eſcape involuntarily.

The paſſage of a large ſtone, or an obſtinate retention of urine, may alſo produce this diſagreeable complaint; for, however contradictory it may appear, obſtruction of urine, by overſtraining the fibres of the bladder, will ſometimes ſo weaken, and impair its retentive power, as to produce the contrary extreme, and at laſt occaſion its *involuntary diſcharge*.

When the diſorder ariſes ſimply from weakneſs and relaxation of the parts; the ſtrengthening infuſion, No. 45, may be taken in quantity of a tea-cup full twice a-day. Jellies, and nouriſhing diet are proper; the patient ſhould drink Pyrmont,

Tunbridge

Tunbridge, or Iſlington waters, and make uſe of the cold bath at the ſame time.

If it is brought on by violence done to the affected part; bleeding, and laxatives, will be proper; and afterwards the general habit may be ſtrengthened, by the methods above directed. But ſhould they fail; a *Small Inſtrument* with an elaſtic, ſilver ſpring which cannot here be deſcribed, may be adapted to the affected part, in ſuch a manner, as to remedy this diſagreeable complaint.

An *Ulcer of the Bladder* is a diſorder of the moſt diſtreſſing kind, and extremely difficult of cure; eſpecially in bad conſtitutions where the patient is far advanced in years; for, the bladder being conſtantly either filling with urine, or contracting for its expulſion, the parts do not remain long enough in a ſtate of reſt, to recover the injury ſuſtained, or allow the ſore to heal.

The ſame general cauſes as thoſe producing pain and inflammation, ſometimes terminate

minate in an ulcer; hence too much caution can never be uſed, in diſorders of this kind, even when at firſt apparently ſlight; for many inſtances might be brought to ſhew their unfortunate event, when long neglected.

When diſeaſe ariſes from a bad ſtate of blood, it is often inconſiderable in the beginning, commencing with a ſenſe of heat, and indolent pain at the lower part of the belly, but at length is attended with *Strangury* or frequent endeavour to make water. The urine is not only voided with difficulty, in ſmall quantities, but ſometimes mixed with blood and matter highly putrid and offenſive.

Balſams of the terebinthinate kind, commonly uſed in the early ſtate of this diſeaſe before the inflammation is abated and the ulcer diſpoſed to heal, have been found to exaſperate the diſeaſe by their heating quality.

The

The like methods and medicines are here proper, as thoſe mentioned in a painful ſuppreſſion of urine, or an ulcer of the womb. The emulſion, No. 46, or a ſolution of gum arabic in lime water, and a third part milk, may be taken for common drink, and the patient ſhould abſtain from wine and malt liquors. She may take the bolus, No. 47, with linſeed tea, or a decoction of freſh *elm bark* twice-a-day. If coſtive, a glaſs of freſh new milk whey, ſweetened with manna, will be proper to remedy that inconvenience.

An infuſion of *pine buds*, or a decoction of the green tops and berries of the juniper ſhrub, with a ſmall quantity of honey, in cold conſtitutions, where the diſorder is void of pain or fever, may be given with advantage: and alſo the white balſamic mixture, No. 48.

The patient ſhould confine herſelf to a light abſtemious diet of milk, vegetables, honey, and ripe fruits; with a little animal food, jellies, or veal broth by turns. She ſhould abſtain from things ſalt and high

high ſeaſoned; from muſtard, pepper, horſe radiſh, &c. and alſo from acid liquors. Aſs's milk with Briſtol water and goat's whey are proper; but particularly the uſe of the decoction, No. 49, in quantity of half a pint twice a-day.

When the pain and irritation are violent; an opiate clyſter made with the decoction of white poppy heads, may be injected milk warm, which will cheriſh the affected parts, aſſwage pain and produce the effect of an internal fomentation.

CHAP.

CHAP. III.

SECTION IX.

Diſeaſes of the Stomach and Bowels; their Treatment and Cure.

IF, it was neceſſary in the beginning of this work, to explain the functions of the womb, and ſhew its extenſive influence on the female conſtitution; it is here equally requiſite to conſider the natural office of the ſtomach, as the great ſource from which the body derives its nouriſhment and ſupport.

Here, the firſt proceſs of preparing that vital fluid, *blood*, is begun, and as the digeſtive faculty of that organ is duly or imperfectly exerted on the aliment, ſo the blood will be rich, and pure, or crude, and watery: The firſt of theſe qualities will

contribute to health, the laſt will render it unfit for the purpoſes of life, and lay the foundation of various *chronic Diſeaſes.*

The ſtomach may be conſidered as a veſſel placed in the center of the body, like an *Alembic*, for concocting and digeſting the food daily taken in for its nouriſhment. From the action of *maſtication* or chewing, the aliment is broken down, and by mixing with the *ſaliva* or ſpittle reduced into a pulp: Thus prepared it deſcends into the ſtomach, where, aſſiſted with heat and moiſture, it undergoes a ſlight fermentation, by which, the included air is expanded, and burſting from its confinement deſtroys the ſolid, compact texture of the food, rendering it one degree more fit for nouriſhment.

This will be more eaſily effected, as animal and vegetable ſubſtances naturally tend to diſſolution, as ſoon as all circulation thro' their veſſels ceaſes, and when thus deprived of

of their contained air, that being experimentally found the very *vinculum* or bond of union which holds their parts together.

The mass being thus sufficiently macerated and digested is expelled from the stomach into the alimentary tube where, its most nutritious part, called *Chyle*, like an emulsion is sucked up by the *lacteals* or milky vessels opening into the cavity of the tube, from whence it is conveyed into the blood, and by repeated circulations with the general mass, at last acquires the same color, quality, and consistence; or in other words, is changed into *real blood*.

Having thus simply traced the aliment from the mouth into the blood, it will more evidently appear, how that vital stream is continually replenished by fresh *chyle* passing into it through the milky vessels, like so many rills or little currents, which keep up the circulation and repair the daily waste made by exercise and the natural discharges of the body.

However opinions may differ reſpecting the preciſe manner by which *digeſtion* is brought about, 'tis certain that the *ſtomach* like the heart and other vital parts, derives its principal power and energy from the *nerves*; for when thoſe with which it is ſupplied are cut or injured, both appetite and digeſtion are ſuddenly deſtroyed. Hence, grief, long continued illneſs, or intenſe ſtudy, which act on the brain and nerves, are found greatly to impair digeſtion, and lay the foundation of many *Chronic Diſeaſes* hereafter to be treated of, and which could not have been ſo well underſtood without this previous knowledge of the very ſource from whence they originate.

The ſtomach holds a double intercourſe with every part of the body; firſt, by the conveyance of *chyle* into the blood; and next, by ſenſation or *nervous ſympathy*, by which, impreſſions made on the

nerves

nerves of that organ are from thence communicated to the brain and other parts.

Thus the tooth-ach has been relieved by a large doſe of *opium* taken into the ſtomach, long before it could enter the blood or arrive at the part affected by the common road of circulation; and the trembling hand of a hard drinker preſently becomes more ſteady after taking a cordial dram, merely by touching and invigorating the nerves of the ſtomach. A violent blow on the head excites that convulſive motion of the ſtomach called Vomiting: and bile, or other offending humours at the ſtomach, often occaſion giddineſs and head-ach.

So great is the ſympathy between the head and ſtomach, that it is difficult to know which is originally affected, although miſtakes, on this occaſion, might be attended with the moſt dangerous conſequences: For example, ſhould a *bliſter*

be applied to the head when only affected by ſympathy, from a profuſion of bile at ſtomach, or ſhould an *emetic* be adminiſtered when the patient is ſeiſed with vomiting, from inflammation of the brain; the firſt would give great pain to no purpoſe, and the laſt, by ſtraining the body and overcharging the inflamed veſſels of the head might produce *delirium* and *death*.

The method of making a true diſtinction in ſuch caſes, will be, to obſerve whether the *head* or *ſtomach* is firſt affected; ſince from thence may beſt be known the original ſeat of the diſorder.

There is alſo a manifeſt conſent between the bowels and ſkin, for where the pores of the laſt are obſtructed, or in plain terms, when the patient has got cold, the perſpirable vapor will fall on the internal parts and often occaſion diarrhœa or purging, with colic pains. Wet feet will alſo diſturb the bowels, and the ſtone or gravel produce vomiting and a profuſion of bile.

A remarkable degree of ſympathy alſo ſubſiſts between the ſtomach and womb; for women after conception are often viſited with ſickneſs or vomiting, and the violence of labour-pains have frequently the ſame effect.

Being amply ſupplied with *nerves*, the inſtruments of all our ſenſations, ſuch is the extraordinary ſenſibility of the ſtomach, eſpecially if diſordered or inflamed, that the ſkin when excoriated by a bliſter, is not more exquiſitely tender: So that harſh, irritating food ſcarcely affecting the palate, will then produce violent pain and vomiting.

By the ſame exquiſite ſenſibility it is endowed with elective or inſtinctive power of chuſing and refuſing whatever is moſt grateful to itſelf or beneficial to the conſtitution.

There are very few who have not ſome particular liking, or natural antipathy to

certain kinds of food. Cheeſe, honey, or other things of the like nature, which are agreeable to ſome, act with the violence of poiſons on others.

Thus like a watchful centinel, the *ſtomach* gives warning and denies admittance to what would be injurious, and often craves with avidity ſuch things as prove ſalutary. Hence the extraordinary longings of women with child; and eager thirſt for cold water in the height of a burning fever, which being drank, has often terminated the diſeaſe and ſaved the patient's life, after the power of medicine had been tried in vain.

Perhaps it may be objected, that the ſtomach is not always its own ſufficient guide, becauſe it does not diſcover the inſidious and deadly power of ſome *poiſons* till too late: But we might as well complain of dim and defective eyes, becauſe they do not as eaſily perceive a mote as a houſe or mountain; or ſince minute

objects

objects are more diſtinctly ſeen by the aſſiſtance of a microſcope than the naked eye.

In ſhort, what *Democrates* ſays of the *womb*, viz. that it is an animal within an animal, might with more propriety be applied to the *ſtomach*; ſo faithful a monitor is that organ, and ſo truly wonderful its diſtinguiſhing faculty, whilſt it remains in a natural and undepraved ſtate.

Before we conſider the particular diſorders of the ſtomach and bowels, with the moſt effectual methods of their cure; it will be neceſſary to deſcribe the properties of the *Saliva* or ſpittle, as well as thoſe of the *Bile* or gall, two animal fluids which principally contribute to digeſtion.

The *ſaliva* is a penetrating ſoapy liquid, prepared by the glands of the mouth, as the proper ſolvent which nature employs to ſoften and macerate our food, the better to aſſiſt digeſtion, as well as to create appetite;

tite; for it has been obſerved, that thoſe who diſcharge it too profuſely by frequent ſpitting, have generally little appetite and bad digeſtion.

After long abſtinence from food, or in ſcorbutic habits, where the blood is vitiated, it is rendered ſomewhat putrid.

By changing its nature, it becomes extremely hurtful and may be converted into a mortal poiſon, of which we have the moſt ſtriking and melancholy inſtance in the bite of a *mad dog*, where the venom is chiefly lodged in the *ſaliva*.

The health of *Nuns* and *Monaſtics* who rigorouſly enjoin themſelves the penance of long faſting, ſuffers much on that account. They are obſerved to have an offenſive breath, attended with looſeneſs of the teeth, ſickneſs at ſtomach and giddineſs of the head. Thoſe effects manifeſtly ariſe from a partial corruption of the animal fluids; and from the ſame cauſe the milk of nurſes, after long faſting, is rendered

dered yellowiſh, ſalt and nauſeous to the infant; inſomuch that it either refuſes to ſuck, or having taken it into its ſtomach, is, from thence thrown into purging or convulſions. The urine is alſo rendered high colored and foetid, ſometimes creating a ſtrangury or difficulty of making water.

All thoſe diſagreeable ſymptoms are occaſioned by the ſharp ſalts and rancid oils which at other times are carried off by urine; but which being now too long retained, powerfully diſpoſe the animal juices to a ſtate of putrefaction. Animals, therefore, which *die of hunger*, ſeem rather to periſh by a corruption of the blood or change of its quality, than from a diminution of its quantity; for in deep conſumptions, where the waſting of body is much greater than in thoſe who die of hunger, the patient ſuſtains life, for many months though apparently exhauſted.

From

From what has been ſaid; a circumſtance though ſtrange, becomes perfectly conſiſtent and intelligible, viz. why animals will ſo long ſurvive, even *twenty days* or more, by the uſe of *water only*; for this fluid refreſhes and purifies the blood, by diſſolving the ſharp ſalts and corrupted oils, which being conveyed off by urine, the body is from thence preſerved.

Hence may be ſeen the great advantage of taking fluid aceſcent nouriſhment often, with a view to preſerve it in a ſtate of purity, eſpecially in *ſcorbutic* or *conſumptive* habits, where it evidently tends to putrefaction.

From the irritation of *ſaliva* on the ſpungy, nervous lining of the ſtomach, ſeems principally to ariſe that ſenſation we call *hunger:* When this delicate membrane is ſhrunk up and deſtroyed by the immoderate uſe of ſpirituous liquors, or the no leſs pernicious effects of harſh and nauſeous medicines;

medicines; loſs of appetite will neceſſarily follow which never can be reſtored.

Thus it will appear how the appetite may differ, according to the different qualities of the *ſaliva*, as well as the degree of feeling in the nervous coat of the ſtomach; why *elixir of vitriol*, or other acids ſo effectually quicken a languid appetite; and why *oily food* which blunts the acrimony of ſaliva, and defends, as well as relaxes the ſtomach, will relieve that exceſſive hunger or preternatural craving for food, called *canine appetite*.

The wonderful influence of the ſtomach and bowels, in ſubduing and changing the property of alimentary ſubſtances, ſtill appears more evidently, by obſerving, that ſome poiſons are diveſted of their malignant property when taken into the ſtomach, which applied to the open veſſels, in a freſh wound, would ſuddenly have proved mortal.

The German mountebank, who cauſed an enraged viper to bite a piece of bread,

which

which he eat before the multitude, ſeems to have been acquainted with this circumſtance; for after being apparently taken ill, and mimicking convulſions with other grievous effects of the poiſon, he had recourſe to a doſe of his *antidote*, and in conſequence of its pretended efficacy, ſuddenly recovered.

As the *ſaliva* irritates the ſtomach, creates appetite and helps to diſſolve the food, ſo *Bile* in the ſmall guts is conducive to the ſame end, and ſtill further aſſiſts in perfecting digeſtion.

Bile is an animal ſoap of a yellowiſh color prepared in the liver, as by a large gland, and ſerves to mix and incorporate *the oily and watery parts of our food*, ſo as to form a ſmooth emulſion or milky fluid which could not otherwiſe have been ſo well effected.

That it poſſeſſes a ſoapy quality is evident by its uſe among Fullers and Silk Dyers, who employ it with ſucceſs, in diſcharging oily ſpots and ſtains. It is endowed

dowed with ſo ſtrong a diſſolving power, that curdled milk in the ſtomach of a calf, called *Runnet*, is from thence rendered fluid as ſoon as it paſſes into the *ſmall guts*; which are ſuppoſed by ſome, to anſwer the purpoſe of a ſecond ſtomach, and to complete what was begun in the firſt. This ſaponaceous fluid may be conſidered as a *natural purgative* which ſtimulates the bowels and quickens their motion in expelling the fæces or groſſer part of our food.

It may be proper to obſerve, that as want of *ſaliva* leſſens appetite and impairs digeſtion, ſo the bad qualities, redundance or defect of bile, produce various diſorders of the ſtomach and bowels, and render the body *coſtive* or *laxative*. Where the bile is corrupted and abounds too much, it occaſions ſickneſs at *ſtomach* and vomiting, colic pains and bilious ſtools.

Whether it offends in quantity or quality, nothing will ſo much correct it as plentiful dilution and the liberal uſe of

vegetable

vegetable acids. The patient ſhould abſtain from oily, or ſalt meats of the animal kind, and alſo from beer or other fermented liquors; rough Cyder, Rheniſh wine, or old Hock excepted. Spare vegetable diet, and the plentiful uſe of pure water, with lemon or orange juice, will afford relief, if regularly purſued for a ſufficient time. Lemonade, or imperial water are proper, alſo ripe fruits, eſpecially thoſe of the aceſcent kind.

Where the bile is deficient in quantity, too mild and inactive, or ſo thick as to obſtruct its canal, an habitual coſtiveneſs will follow; and if thoſe depravities are not removed, gall-ſtones may at laſt be formed in the gall-bladder or its duct; from which *Jaundice*, obſtruction of the liver, *Dropſy*, or other *chronic diſorders* may enſue.

The gall of animals, paaticularly that of the eel; pills compounded of *ſoap* and *aloes*; new milk whey, in which the *herb Fumitory* has been infuſed, and a very ſmall quantity

of

of ſalt of tartar, with exerciſe on horſe-back, will exalt the qualities of bile, and render it more active.

Having conſidered the office of the ſtomach, and qualities of the *ſaliva* and *bile* ſubſervient to it, as well as the general diſorders ariſing from their depravity; it will next be proper to point out the nature and treatment of thoſe prevailing maladies, *want of appetite and indigeſtion*; for, whether they are originally ſeated in the ſtomach from conſtitutional weakneſs, or acquired by intemperance, diſtreſs of mind, or other cauſes; they will be productive of *chronic diſeaſes*, which cannot effectually be taken away, till thoſe complaints in the firſt paſſages are previouſly removed.

The ſtate of the ſtomach, in a great meaſure, may be known from the appearance of the tongue: When that is freſh, florid, and moiſt, the appetite and digeſtion are generally unimpaired; but,

on the contrary, if it becomes dry, harſh, and diſcoloured, attended with thirſt and a feveriſh breath; then both the ſtomach and lungs are ſomewhat diſordered.

As *Want of Appetite* is generally attended with nauſea or loathing of food, ſo *indigeſtion* is accompanied with oppreſſion at ſtomach, a diſagreeable taſte in the mouth partaking of the food, ſour eructation or belchings, and heartburn; fluſhings in the face, and ſlow fever.

From whatever cauſe the ſtomach is deprived of its natural faculty, it may be laid down as a general rule, that abſtinence from ſolid, animal food will afford relief. By ſuch means, the patient will avoid the inconvenience of ſleepineſs, palpitations of the heart, fluſhings in the face, with hectic heats, and other ſymptoms after eating, ſo diſtreſſing to the weak and delicate.

The propriety of ſpare diet to ſuch women will appear neceſſary, as they uſe leſs exerciſe and perſpire more moderately than men,

men, and alſo becauſe their ſolids are more lax; hence their digeſtion is naturally weaker. But it will not be requiſite further to enforce ſuch rules and cautions, as women very ſeldom fall into errors from over-quantity of diet; they are much more apt to indulge a whimſical appetite for food which is hurtful in quality.

The ſtomach and bowels being largely ſupplied with nerves and blood veſſels, and endowed with the moſt exquiſite ſenſibility, are, therefore, liable to many diſorders, as well as from the very nature of their office; for, the aliment conſtantly paſſing through them, may offend, either by its exceſs of quantity or bad quality. The firſt will overſtretch their tender fibres and create pain; the laſt, by its ſharpneſs or malignity, may wound or corrode their nervous lining, and occaſion *colic pains*, *inflammation*, or even *mortification*.

From this nervous fabric of the ſtomach, it becomes ſo ſuſceptible that diſtreſs

of mind, grief, anxiety, or the ſlow conſuming paſſion of love, which prey on the ſpirits, and ſuſpend the nervous power, will not only ſoon deſtroy both *appetite* and *digeſtion*, but alſo induce univerſal languor, with ſickneſs and oppreſſion at ſtomach, ſucceeded by diſorders of the bowels, a *fever* or *melancholy*.

The ſudden ſuppreſſion of menſes, bleeding piles, or eruptions repelled from the ſkin, have alſo been obſerved to diſturb digeſtion; and *gouty*, *ſcorbutic*, or *venereal matter*, falling on the ſtomach, ſoon deſtroy its power, and produce ſymptoms of great violence which ſometimes endanger the patient's life.

Taking cold, eſpecially in the feet, is likewiſe injurious to the appetite, by throwing a load of perſpirable vapor upon the bowels. *Strong vomits*, *purges*, or other violent medicines, alſo greatly injure theſe parts; and the immoderate uſe of *Tea*, or liquors, conſtantly taken too warm, have been

been found greatly to impair the action of the ſtomach, by macerating and weakening its fibres.

Habitual coſtiveneſs which obſtructs the alimentary tube, is likewiſe an enemy to digeſtion; becauſe, when the bowels are overloaded, the ſtomach from which they proceed will neceſſarily become oppreſſed and deficient in its office.

But of all the evils which exert their baneful influence over the *ſtomach*, none is ſo pernicious in its conſequences as the uſe of *Drams*, however veiled under the elegant names of *Parfait amour*, *Bouquet de Venus*, &c. Such ſpirituous compounds, like liquid fire, will harden and contract its fibres, and as it were cauterize and criſp up its tender, nervous lining, at once deſtroying both feeling and appetite.

For this reaſon, thoſe addicted to the ſhameful habit of dram-drinking, are always complaing of a *cold ſtomach*, which, in fact, is rendered ſuch, by the very means they

prepoſterouſly make uſe of to relieve it, and conſtantly repeat to the ſlow, but ſure deſtruction of their conſtitution.

Beſides thoſe bad effects of ſpirituous liquors, they harden animal food and render it indigeſtible. By this property, birds and other fleſhy ſubſtances, are preſerved from putrefaction in the cabinets of the curious. From the ſame heating power they contract the glands, coagulate their juices, and rob the ſtomach of that natural moiſture which is eſſentially neceſſary to digeſtion.

By ſuch means, the mental faculties as well as thoſe of the body, are injured and impaired; for, thoſe who debaſe themſelves by this ſordid gratification, are conſtantly troubled with ſickneſs at ſtomach and ſinking of ſpirits; a ſtupor, confuſion of ideas, loſs of memory, and nervous tremor.

The finer feelings which ſo much endear women to the oppoſite ſex are thus inſenſibly weakened and ſubdued; every moral virtue loſes its power, every relative duty

is

is neglected or forgotten; and at laſt, ſo great are the inroads of this deſtructive habit upon the mind, that with it *every vice may enter.*

As ſcarcely one can be found, who has been reformed of this pernicious cuſtom, how cautiouſly ought it to be avoided? I have ſeen, with the deepeſt concern, many inſtances of women, otherwiſe amiable, who fell *victims* to the ſlow conſuming poiſon of *Spirituous Liquors*, ſecretly conveyed to them as cordials; but ſuch cordials, though pleaſing to the taſte, in their final effect will be found more bitter than gall! They will prey on the vitals, and, like the faſcinating *Cup of Circe*, transform the human ſhape.

The ſtomach and bowels may alſo be injured by irritation applied to their tender, internal ſurface, by *Worms*. The effect of violent preſſure, as that of *narrow Stays*, or ſitting with the body half double, a poſition which will hinder the circulation,

of blood through its veſſels, and by deadening the nervous power produce *coſtiveneſs*, want of appetite and indigeſtion. The prevailing cuſtom of *tight Lacing* is ſo very pernicious, that it may be proper to enlarge upon its bad conſequences.

By ſtrangulating the veſſels and interrupting the natural courſe of their blood, it will occaſion an unequal diſtribution of that fluid; hence the external parts being deprived of their due quantity, will waſte, and being thrown out of their proper direction, by the force of preſſure, crookedneſs and deformity will enſue.

Since the blood, under ſuch circumſtances, cannot circulate freely through the interior veſſels or on the ſurface of the body; the more delicate parts, as the *lungs* and *brain*, will become overloaded with it; hence, inflammation of the firſt, and from the laſt, ſtupor and head-ach; tightneſs and oppreſſion of the ſtomach and breaſt, palpitation of the heart, a ſtrong feveriſh breath,

breath, cough, ulceration of the lungs, and ſpitting of blood, ending in *conſumption*.

However extraordinary thoſe conſequences may appear to ſome, they muſt be obvious to thoſe of attentive obſervation, who conſider the violence done to the affected parts, by preſſure, and that the natural courſe of the blood, through its veſſels is thereby interrupted and changed.

Vomiting and purging medicines, after anger, are attended with dangerous effects; and eating or drinking immoderately upon violent exerciſe, or diſturbance of mind, are alſo equally pernicious.

Vomiting ariſes from an inverted convulſive motion of the ſtomach, by which its contents are thrown up, inſtead of paſſing downwards. *Purging* is produced by ſome particular irritation of the bowels, which preternaturally increaſes their expulſive motion downwards. *Nauſea* and *vomiting* only differ in degree, for both imply ſome diſagreeable

diſagreeable impreſſion on the ſtomach, which is moſt violent when the laſt of theſe effects is produced.

A warm, moiſt, or peſtilential air, putrid exhalations from animal or vegetable bodies, the fumes of melted lead, and noxious vapors ariſing from mines or caverns, will alſo diſagreeably affect the ſtomach and abate its natural energy.

From what has been ſaid, it follows, that ſuch, and ſo great is the ſympathy between the ſtomach and different parts of the body, that they alternately communicate their ſenſations to each other. Thus local diſorders of that organ, will, at length, produce obſtinate *chronic diſeaſes*, in conſequence of indigeſtion, and a crude chyle by which the blood is rendered unfit for nouriſhment; hence, the *Gout* and *Scurvy*, a *Dropſy* or *Conſumption*.

On the contrary, although the ſtomach was before in a ſound ſtate; ſhould the mind be deeply impreſs'd with grief, or the

internal

internal parts attacked by gouty or other morbid matter, both appetite and digeſtion immediately ceaſe; pain, ſickneſs and vomiting are brought on, and ſometimes dejection of ſpirits, melancholy, or deſpair.

Hence may be underſtood, how *chronic diſeaſes* at firſt applied to the mind, and acting by ſympathy on the vital parts may, in the concluſion, bring on *convulſions*, *bloody flux*, or other acute diſeaſes, of which I have expreſsly treated in the ſecond volume of this work.*

In ſhort, thoſe who mean to remain free from *chronic diſeaſes*, muſt avoid the general cauſes which weaken the digeſtive power of the ſtomach, where their firſt foundation is laid.

If *Digeſtion* ſuffers from violence of the paſſions; nothing will ſo much divert and call off the mind's attention from the cauſe of its diſtreſs, as chearful company and travelling

* *Practical Obſervations on the acute Diſeaſes moſt fatal to Women.*

velling; if from a ſuppreſſion of menſes or bleeding piles; the patient may be treated in the manner directed for thoſe diſorders.

When *Irruptions* or breakings out, which nature, for her relief, had thrown on the ſurface of the body, are from thence repelled and driven back upon the bowels, attended with ſickneſs, and colic pains; the immediate uſe of the warm bath, and plentiful draughts of mint or ſage tea, will aſſiſt in promoting a free perſpiration. Should the pain continue violent, a gentle laxative mixture with manna may be given, and if neceſſary, the opiate pill, No. 50, to quiet the bowels, and procure reſt.

Should the ſtomach be affected with *gout*, producing ſickneſs and vomiting; blood may be taken away in proportion to the ſtrength and violence of the ſymptoms; after which, *tincture of aloes* and *gum guaiacum* may be adminiſtered, as at No. 51; the feet ſhould be put into warm water, pimento tea may be taken for common drink,

drink, and if the weather is ſevere a flannel ſhift may be worn next the ſkin; but ſhould difficulty of breathing come on with fever and delirium, bliſters ſhould be applied to the inſide of the legs and arms.

The inconvenience from *Coſtiveneſs*, where the bowels are too weak and inactive, are moſt effectually remedied by exerciſe and the *Peruvian bark*, riſing more early in the morning, and the uſe of the cold bath. Where the bile is defective in quantity; equal parts of *aloes* and *ſoap* may be taken in pills; but on the contrary, if they are tender and irritable, as generally is the caſe when the patient labours under diſtreſs of mind; then an habitual diarrhœa or looſeneſs prevails, which exhauſts the patient's ſtrength, and is extremely difficult of cure.

Innumerable almoſt are the complaints ariſing from *Worms*, to which women are more ſubject than men, for the ſame reaſon that children are much more troubled with them than either; viz, from a

want

want of ſufficient digeſtive power in the ſtomach to deſtroy the texture of thoſe reptiles in their firſt ſtate; that is, when depoſited in the ſtomach and bowels in form of eggs.

For this reaſon, *millepedes* or hog lice, coiled up in their coat of mail like a pill, and ſwallowed alive, have been found in the ſame ſtate after the patient's death, or were vomited up many days after they had been taken; which ſhews the abſurdity of giving them in ſuch a manner; for as they prey on garbage, they may produce on the human body all the bad effects of worms.

Worms are chiefly of three ſorts, namely, *Aſcarides* or ſmall white worms, which are generally confined to the *rectum* contiguous to the fundament; the long round worm or *Teres*, which infeſt the ſmall guts or ſtomach; and the *Tænia* or tape worm, more dangerous and deſtructive than all the reſt.

The

The two firſt ſorts may be effectually deſtroyed by *mercury*; the laſt by *powdered tin*, or the root of *male Fern* reduced into powder and taken as at No. 52; which laſt is the celebrated remedy of *Madame Nouffer*, which ſhe uſed in France after the death of her huſband for the ſpace of twenty years, with the moſt extraordinary ſucceſs.

The great baſtard *black hellibore* or *bear's foot*, *Indian pink root*, *cabbage tree bark*, and *cow itch*, are all powerfully deſtructive to worms, when properly given. But, I believe, it may be ſaid with juſtice and truth, that in ſuch caſes, a medicine adminiſtered by Mr. *Evans*, Surgeon, at *Knightſbridge*, has inconteſtibly proved its efficacy ſuperior to the reſt.

The general ſymptoms of *worms*, are, a wan, ſickly complexion, itching of the noſe, ſtarting in the ſleep, and convulſions. The appetite is deficient at one time, and voracious at another, attended with pinchings

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in the bowels, and looſeneſs: ſwelling of the belly, ſtrong offenſive breath, a ſhort, dry cough, and faintings.

Worms, if not totally deſtroyed, will ſoon renew their breed. This is beſt prevented by mixing purgative medicines with thoſe already mentioned, which will deaden their power and carry them out of the body, before they have time to revive.

The moſt effectual methods to prevent them from generating again, will be to ſtrengthen the ſtomach and bowels with calybeat bitter wine; a ſtrong infuſion of Peruvian bark; or by directing the uſe of *Lime water* to be continued for a conſiderable time. The patient ſhould alſo now and then drink a glaſs of generous wine, ſuch as Madeira or old Hock.

Æthiops mineral, a compoſition of mercury and flowers of ſulphur, is not ſo efficacious as mercury divided with conſerve of roſes, or mucilage of gum arabic; for, in the firſt preparation, mercury by being

united

united with ſulphur, becomes fixed and inactive; ſo that if worms are deſtroyed by this medicine, it ſeems owing to the ſulphur alone. And indeed, the efficacy of Harrowgate water, which is ſtrongly impregnated with ſulphur, ſhews its extraordinary power in ſuch caſes

Dead worms in abundance have ſometimes been evacuated after malignant fevers; a proof that great corruption in the juices of the body then prevailed.

The *mucus* or ſlime, ſuppoſed to breed worms, is not the cauſe but effect of thoſe vermin; being nothing but the glue of the bowels, immoderately diſcharged, in conſequence of their irritation; ſimilar to that occaſioned by ſnuff which ſtimulates the noſe to a preternatural diſcharge; or to the thick, roapy fluid, voided with urine, from pain by a ſtone in the bladder; for, no animal bodies how abject or minute ſoever, can be produced without

concurrence of ſexes. Thoſe groſs humors or putrid ſubſtances, only afford them a proper *nidus* or hatching place.

'Tis a mortifying circumſtance that worms are not confined to the bowels, but ſometimes have their reſidence in other parts of the body, even in its ſolid, or fleſhy ſubſtance. I once attended a gentleman, then juſt returned from *Guinea*, in whoſe legs were found ſmall worms, upwards of a foot long, reſembling a fine white fiddle ſtring. Livid pimples, attended with violent itching, appeared in ſeveral parts of his legs and thighs, which when broke, this extraordinary worm came forth, and being ſecured upon a piece of twiſted paper, was gradually rolled up every day, till the whole was extracted.

A caſe of this kind is mentioned by Dr. *Mead* in his medical cautions. He deſcribes this worm as an aquatic inſect, with a ſharp head and ſlender body, which works itſelf into the fleſh of thoſe bathing in the water,

water, and is moſt commonly found in *Africa* or the *Eaſt-Indies*. This worm is alſo particularly mentioned by *Avicenna*.

Thoſe of a delicate habit, and ſedentary, inactive life, are of all others moſt ſubject to frequent fits of the *colic*, after eating, agitation of mind, or ſudden changes of weather, which indicate bad digeſtion, great nervous ſenſibility and a weak, infirm ſtate of the ſtomach and bowels.

Inſtead of the frequent uſe of peppermint water, ſpirituous liquors or cordial drams, which only afford a momentary relief, but never cure; the patient ſhould be careful not to err in the quantity or quality of her food: She ſhould keep her body laxative, abſtain from all fermented liquors, and confine herſelf to toaſt and water for common drink.

The ſtomachic pills, No. 53, may be taken occaſionally, and the aromatic plaſter, No. 54, may be worn on the *ſtomach*. *Volatile liniments*, *aromatic bags*, and

ſuch other external applications as invigorate the nerves of this part, have been found of real ſervice.

The ſtomach is much oftener the ſeat of *chronic diſeaſes* than has generally been imagined. Agreeable to this opinion, we find, that plaſters with myrrh, camphor, and the warm ſpices applied to this part, have frequently removed agues and intermittent fevers, as well as ſome *nervous* and *hyſterical diſorders.*

But, was it neceſſary to ſhew that the qualities of ſubtile medicines pervade the pores, and ſenſibly affect the ſtomach and bowels; we could not have a more convincing proof, than from the application of *aloes* and *bitter apple* to the navel or ſtomach; which, in this manner, will not only effectually kill worms, but alſo ſometimes occaſion violent purging.

Thoſe who are ſubject to tedious habitual colics, from taking cold in ſevere weather, will find much relief by wearing a fine *flannel*

nel ſhift next the ſkin, and gauze worſted, under their ſilk ſtockings. When thoſe complaints are abated, tincture of *Peruvian bark*, No. 55, with *Bath water* made warm, and moderate exerciſe in dry, clear air, will bid faireſt to prevent a relapſe. When pain of the bowels is exceſſive, ariſing from wet cloaths, or taking cold in the feet; emollient clyſters may be directed, and bottles filled with hot water, wrapt in flannels, may be applied to their ſoles with great relief to the patient.

Plentiful dilution, with an infuſion of elder flowers, or ſage tea, will be proper to raiſe a gentle perſpiration. If the pain ſhould continue exceſſive, and denote danger; an opiate may be given, and bliſters applied to the inſide of the legs, which, though ſevere, is yet a ſafe and effectual remedy, in particular caſes of this kind.

I have obſerved that weak, ſedentary people have generally a ſlender appetite and digeſtion, attended with oppreſſion of ſpirits and a train of nervous diſorders; on the con-

trary, when the ſtomach is ſound, and bodily ſtrength good, ſo are appetite and digeſtion. The circulation of blood is then briſk and free, the ſpirits lively, and all the natural diſcharges being regular, no groſs humors or unſound juices, will be retained, to injure the conſtitution.

Thoſe things premiſed, it is evident, that *whatever remedies increaſe bodily ſtrength, will moſt powerfully aſſiſt digeſtion*; and conſequently, that cool, dry, pure air, and moderate exerciſe, are the beſt of all *ſtomachics*: They will effectually promote *animal heat and circulation*, which regulate the uſe of the ſeveral *vital parts*.

Few, I believe, will doubt this aſſertion, who attend to the difference of their ſpirits and appetite in a froſty, clear day, when they uſe exerciſe without doors; compared to what they experience in warm, damp weather, when they indolently ſit ſtill within, and breathe a confined air.

It may therefore, be truly ſaid, that *freſh air* and *moderate exerciſe* in reſtoring loſt Appetite, and promoting animal Digeſtion, are ſuperior to every thing elſe; for although *Peruvian bark*, *ſteel*, *bitters*, and the *cold bath* are all moſt excellent remedies; their efficacy will be greatly increaſed, and their effects rendered much more permanent, by the aſſiſtance of thoſe natural benefits.

In a word, ſuch is the potent aid of nature, that ſhe diſclaims all ſuperficial and inadequate helps, and ſeldom wants more than the vigorous exertion of her own endeavours, joined with *mild and ſimple medicines*, to remove ſuch *Chronic Diſeaſes* as proceed from a fault of the ſtomach and bowels.

SECTION X.

Of Nervous Diſorders, Hyſteric Affections, Low Spirits and Melancholy; their Treatment and Cure.

THE word *Nervous* has been ſo vaguely and indiſcriminately applied, that it is neceſſary to aſcertain the complaints truly ſuch, and to diſtinguiſh them from others improperly ſo called.

Thoſe diſorders may be deemed nervous, where, from an *original* fault, or *infirm texture* of the nerves they become diſagreeably affected by ſuch ſlender cauſes, as would not produce the like ſenſations in others, whoſe nerves were in a natural ſtate.

Inſtead of regarding this ſimple diſtinction, almoſt every diſorder accompanied with weak nerves has improperly been called *nervous*: But in this general and indefinite ſenſe, all diſeaſes may be called ſo; for the nerves

nerves being the only ſuſceptible parts of animal bodies, and every where interwoven with all their ſolid parts, muſt ſuffer in proportion as they are injured by diſeaſe or external violence.

Such complaints being only ſymptoms or conſequences of preceding diſeaſes, cannot with propriety be called *nervous*, any more than a perſon may be ſaid to be deeply conſumptive, after a ſevere fit of illneſs which had reduced him to ſkin and bones.

Before we proceed further, it will be neceſſary to explain in a ſimple manner, the nature of thoſe bodily powers which conſtitute the very *principles of life*.

The human body is ſuſtained and kept alive by three principal powers, which like the movements of a clock or watch, co-operate and mutually aſſiſt each other: The firſt is the *Brain* and *nervous ſyſtem* proceeding from it, the great ſource of all ſenſation; the ſecond is the *Heart*, with its *arteries* or blood veſſels; and the third is the

the *ſtomach* and *bowels* which prepare aliment for the body's nouriſhment.

In ſpeaking of *digeſtion*, it was remarked, that the ſtomach loſes its power when deprived of *nervous influence*; and we muſt here take notice, that the regularity aud vigor of the heart's motion chiefly depend on the ſame cauſe.

As therefore the *brain and nerves*, the *heart and arteries*, with *the ſtomach and bowels*, are the principal inſtruments of all ſenſation, circulation, nutrition, life and motion, and the very agents which govern and direct the whole animal machine; it will neceſſarily follow, that when any of them becomes diſconcerted and put out of order, the vital functions of the body muſt then be unduly performed.

"Where one link's broken, the whole chain's deſtroy'd."

Such is the extraordinary ſympathy and intercourſe between thoſe ſeveral organs, that like ſo many little provinces, allied by mutual

tual intereſt, not one of them can exerciſe its full power without the concurrence of the reſt; for as the heart and ſtomach cannot act without the aſſiſtance of the brain, or the ſtomach digeſt without receiving a due quantity of blood from the heart; ſo neither can the heart have ſufficient force to keep up the circulation without continual ſupplies from the ſtomach; or even the brain itſelf exert its influence over thoſe organs without being duly nouriſhed by both.

But beſides thoſe parts, as well as the *action of the lungs*, there is a more latent principle of life, called *Irritability*, which does not depend upon either of the former powers, ſince it continues to exiſt in the body, after all *ſenſibility* and *circulation* are loſt, and every vital principle, but itſelf, totally extinguiſhed and deſtroyed.

By *Irritability* is meant that property of the animal fibre, which, on being pricked or ſtimulated, has a power to contract and

ſhorten

ſhorten, although the animal is dead; for the Heart, which is the moſt irritable part, may be excited into motion even after the head has been cut off; hence we may conclude that Irritability is not only independent of *ſenſibility* and *circulation*, but even of the ſoul itſelf, being found to exiſt after the brain, the ſeat of that *ſpiritual ſomething*, has been deſtroyed or taken away.

As therefore Irritability is a property reſiding in the animal fibre, from the peculiar ſtructure and nature of its parts, and as it is the lateſt in taking leave of the body; ſo with equal reaſon it may be ſuppoſed that 'tis the *firſt vital principle* which gives commencement to animal life.

It ſeems not a little ſurprizing that ſo extraordinary a property, eſſential to animals and ſome vegetables, as appears by the *Senſitive Plant*, ſhould ſo long have remained unattended to by phyſiologiſts and philoſophers, even when obvious to vulgar eyes; for butchers and others have long obſerved

the

the *trembling or palpitation* of fleſh in ſlaughtered animals, when ſtimulated or gently touched. Dr. *Gliſſon* was the firſt who uſed the word *Irritability*; but we are indebted to the celebrated *Baron Haller* for pointing out the eſſential difference between it and *Senſibility*, with which it had ſo often been confounded.

The inferences ariſing from this important diſcovery, ſo far as they are conducive to explain the nature of *nervous or hyſterical diſorders*, or throw additional light on their cure, I ſhall here lay before the Reader with more pleaſure, as the ſubject is both *new* and *inſtructive*.

Experiments ſhew that the degree of *Irritability* is in proportion to the firmneſs and conſiſtence of that *mucus* or glue of which the whole bodily ſyſtem is originally made up: Whatever therefore hardens this animal jelly, as cold, exerciſe, acids, and the like, diminiſh *Irritability*; and on the contrary, the diſſolving power of heat and moiſture

moiſture are found to increaſe it. Age, which alſo ſtrengthens the fibres, relieves ſome diſeaſes more effectually than medicines; as fluſhing in the face, nervous tremors, hyſteric or epileptic fits, and ſcrophulous complaints about the time of maturity.

I have obſerved that thoſe of lax ſolids, and delicate, hyſterical habits, are thrown into a flurry of ſpirits from the moſt trifling cauſes; and that ſuch impreſſions made on the female ſex are often followed by pain in the bowels, a diarrhœa or fever: In ſome caſes they occaſion obſtruction of the menſes, in others, their exceſſive diſcharge, and ſometimes a flooding in thoſe who are pregnant.

The immediate cauſe of ſuch effects have been attributed to an exploſion or inordinate motion of the *animal ſpirits*. What are thoſe *animal ſpirits*, or whoever ſaw them? 'Tis very unfair thus to adopt words without meaning, or only denoting things which probably have no exiſtence.

Such

Such Diſorders ſeem to ariſe from *too much Irritability* joined to *exceſs of nervous feeling*, which generally prevails at the ſame time; and, like the former, proceeds from want of ſufficient firmneſs in that animal glue or cement which *conſtitutes the nervous coats*, as well as every part of the body.

Agreeable to this obſervation, we know that long continued illneſs, profuſe evacuations, or whatever diminiſhes bodily ſtrength, produce a preternatural degree of *Irritability* and *Senſibility*, tho' they are diſtinct qualities, and identically different from each other.

As old age approaches, the *mucus* or animal glue at laſt becomes ſo firm as to loſe its former Irritability; hence, want of motion or paralytic numbneſs in the body ſucceeds, and at laſt, death itſelf

This circumſtance is ſufficiently confirmed by obſerving how the muſcular fibres which were very irritable in infancy, gradually

ally become leſs ſo, as they are rendered more compact and tendinous from the effect of age. It alſo ſhews why thoſe who have weak *ſtamina* in youth, grow ſtronger as they advance in years; likewiſe why they do not ſo ſuddenly become old as thoſe of ſtronger habits, and why they are leſs ſubject to *acute diſeaſes* ariſing from a firmer ſtate of the fleſhy fibres.

Upon the vaſt degree of *Irritability* with which the ſkin and bowels are particularly endowed, we are able to account for the ſurpriſing ſucceſs obſerved of late in *reſtoring drowned people to life*, by rubbing the ſurface of the body with *ſalt*, and injecting the ſmoak of *tobacco* by way of clyſter: From the acrid quality of ſuch applications, and their effect on thoſe irritable parts, the ſeveral vital organs are brought into conſent, and rekindle the latent ſparks of life.

On this principle only, we may comprehend, what before ſeemed myſterious beyond the poſſibility of finding out; namely,

how

how ſuch applications ſhould act on the body when ſtiff with cold, and void of feeling.

We have already remarked that the *organs of motion* differ from thoſe of *ſenſation*, and that the firſt are ſuſceptible on the mere principle of *Irritability*; conſequently, we may conclude, that when people apparently dead are reſtored to life, by the means already mentioned, the applications then uſed *can only act on the irritable parts*; for the nerves, which before were ſenſible, are now *deſtitute of all feeling*.

Here, I muſt beg leave to remark, that this circumſtance fully confirms an opinion which I formerly took the liberty to advance as *new**, viz. *That Irritability is the firſt vital principle which gives commencement to animal life*; accordingly, we find that in ſuch caſes, as ſoon as the irritable fibres of the ſkin and alimentary tube are ſtimulated into motion by acrid applications, and act like a main

 ſpring;

* *Lecture introductory to Midwifery, 3d edition, page 9.*

ſpring; the wheels of life are again turned round, and the body begins to revive.

Having conſidered the property called *Irritability*, it will next be requiſite to ſpeak of *Senſibility*; and the better to comprehend the true nature of *Nervous-Diſorders*, alſo to ſhew what the nerves are, from whence they proceed, and what is their particular office in the animal ſyſtem.

Every *Nerve* may be conſidered as a cylindrical cord, made up of two diſtinct ſubſtances, viz. of a medullary part, or *marrow*, and a fine *membranous covering*, both which are derived from the *Brain*.

By experiments made on the nerves of brute animals, it appears that all their feeling reſides in the medullary part; and that the membrane with which they are inveſted, is void of ſenſation, only ſerving as a defence or covering to preſerve the delicate ſubſtance of the firſt from the violence of too ſtrong external impreſſions.

Theſe

Theſe ſlender nervous cords are ſo diſtributed and uniformly diffuſed through the body, that the point of a needle cannot be applied to any part of its ſurface without wounding ſome of them. In the ſkin they are ſpun out to ſuch exquiſite fineneſs as to become inviſible to the naked eye, and therefore only manifeſt their exiſtence by their ſenſibility.

Although it will hereafter evidently appear, that the *Nerves* are the immediate organs of all vital motion and ſenſation, and the medium by which impreſſions made on the body are inſtantly conveyed to the mind; yet the preciſe manner by which this myſterious intercourſe is carried on, remains a ſecret in nature, with which, perhaps, we ſhall never be acquainted.

Thoſe things premiſed, it will follow, that ſo long as the medullary part of the nerves is conſtitutionally good, and their fine membranous covering ſufficiently compact, they will continue in a ſound ſtate; but

on the contrary, when the laſt loſes its natural firmneſs, the *marrow* or ſenſitive part of the nerves being as it were thinly cloathed and expoſed, will feel too much impreſſions made on the body or mind.

Hence, ſuch cauſes as would not create pain when the nerves were in a natural ſtate, cannot be endured without ſymptoms of great violence; namely, palpitation of the heart, choaking in the throat, nervous trembling, and faintings.

This delicacy of texture in the coats of the nerves is by far the moſt obvious and general cauſe of ſuch nervous diſorders as ariſe from ſimple weakneſs; which the ſon derives from the father, and communicates to his offspring as naturally as his features or complexion.

Nervous Diſorders may therefore ariſe from conſtitutional or hereditary weakneſs, or be acquired by whatever impairs the natural ſtrength, as tedious diſeaſes, *redundant*

dant menſes or *profuſe fluor albus, intemperance and irregularity of the paſſions.* An idolent inactive life, and continual reſidence in low ſituations, where the air is warm and moiſt, will alſo powerfully diſpoſe the conſtitution to ſuch maladies.

So intimately connected are the body and mind, and ſuch their correſpondence, that impreſſions made on one mutually influence the other with like feelings: Thus by *immoderate grief*, the digeſtive faculty of the ſtomach is impaired; and by a blow on the head which injures the brain, the ſoul is as it were dethroned, and loſing its empire over the body, all ſenſe and motion are inſtantly deſtroyed.

The mind or intellect, whilſt confined to the body, " *that muddy veſture of decay*", is obliged to ſtoop to the condition of the nerves, which are liable to alteration and depravity of feeling from a thouſand accidental, and unavoidable cauſes. Thoſe, as well as many other circumſtances, con-

cur to prove that the faculties of the mind chiefly depend on the bodily organs with which they co-operate, and where thoſe are changed from their natural ſtate, ſo are the mental feelings.

The ſtomach is often ſo much changed by age, that things grateful to it in the infant ſtate, become diſagreeable in more advanced life. Upon the ſame principle, the depraved appetite, or *preternatural longings* of women with child can only be accounted for: In pregnancy, a new ſyſtem of veſſels are formed, and a new circulation ſet on foot for nouriſhing the child; in conſequence of this mechanical change, the *nervous feeling is altered*, which ſometimes directs the appetite to things even diſagreeable to it before.

How different is the diſpoſition of body and mind when the veſſels are empty or full, viz. after long faſting, or a plentiful meal? In the firſt, the pulſe is weak and unequal, the complexion pale, the body languid,

languid, and the ſpirits deſponding; but after eating and the uſe of wine, the ſprings of life are wound up, and the body and mind are reſtored to their native vigor.

The natural temper and genius of a people are moſt evident when they are left to act without reſtraint. A *Maſquerade* will exemplify what I mean to ſuggeſt.—How great and evident is the change in the Votaries of pleaſure, before and after the midnight repaſt? He who, at firſt, with the gravity of a *Spaniard*, and phlegm of a *Dutchman*, ſilently wandered about like a Ghoſt waiting to be ſpoken to, is now ſuddenly transformed; the influence of beauty, and ſubtile ſpirit of Champaign, like the *orient liquor* of *Comus*, begin to animate the conſtitution. His ſpirits expand, his tongue is untied, he becomes nimble as *Mercury*, and more loquacious than a *Frenchman*.

Was it neceſſary farther to prove the ſympathy between body and mind, and ſhew that every alteration of one produces

correſpondent feelings in the other; it might be illuſtrated and confirmed by ſenſations peculiar to that change of conſtitution at the age of puberty, which influence the ſexes in favor of each other, even to infatuation and madneſs.

All *ſympathy* as well as motion entirely depend on the ſenſibility of the nerves; but although they communicate motion to other parts, they are not at all irritable, and conſequently deſtitute of motion themſelves; a circumſtance truly unaccountable.

The conſent between the Brain and Heart is remarkable; for ſtudy or intenſe thinking quicken the pulſe, and ſudden fright will occaſion palpitations or a convulſive ſtruggle of the heart, even ſometimes to mortal ſuffocation. In both theſe caſes, the firſt impreſſion is made on the brain, and the heart, like a faithful companion, ſuffers by ſympathy; but whether the Nerves act as *tubes or vibrating cords*, or

ſerve

ſerve as conductors to ſome ſubtle fluid, ſimilar to that of *electric fire*, we are wholly ignorant; it is therefore not a little abſurd, in people, to talk of *nervous fluid*, or animal ſpirits, with as much familiarity and confidence as if they had ſeen them put into a bottle.

Nervous influence, like attraction in the *load-ſtone*, or Irritability in the *ſenſitive plant*, may be conſidered as a property reſulting from matter according to the peculiar modification of its parts, in itſelf utterly inexplicable, and of which we can know nothing but from its effects.

As the blood-veſſels proceed from the Heart, which is the inſtrument of circulation; ſo the Nerves, as already obſerved, are derived from the Brain, the great ſource of all Senſation. We know by feeling the pulſe, that the action of the Heart gives motion to the blood; and it is no leſs evident, that the influence of the Brain governs and directs all perceptions of body

and

and mind. Impreſſions for example, made upon the laſt by exceſſive grief, or ſudden terror, produce ſymptoms of great violence, or even death itſelf. Cold air admitted to the naked nerve of a decayed tooth, will feelingly perſuade us, that the body as well as mind may ſuffer by the mediation of the nerves.

The Brain ſeems therefore to the nerves, what the Heart is to the blood-veſſels; for too violent a degree of action in the laſt, will increaſe circulation and produce heat, as may be obſerved after violent excerciſe. In like manner, when the power of the Brain and nerves is violently impreſſed on the body or mind, their ſenſations will be rendered too quick and exquiſite, like the motion of a watch, which becomes rapid and irregular when the main ſpring acts too ſtrongly upon its ſubordinate movements.

Impreſſions made on the mind will often totally ſubdue thoſe of the body; and

and on the contrary, ſuch as are made on the body, will remove thoſe of the mind; all which may ſupply an intelligent obſerver with uſeful hints in the cure of ſuch nervous diſeaſes as have been unſucceſsfully treated by medicines.

Habitual *convulſions*, for inſtance, have ſometimes been cured by the unexpected exploſion of a gun, or the ſudden outcry of fire in the dead of night; the *hiccough* may be ſtopped by ſudden ſurpriſe, and the approach of an *ague fit* has been prevented by the ſame cauſe.

But the moſt extraordinary caſe, which perhaps was ever produced to ſhew the *wonderful influence of the mind over the body*, as well as the power of ſympathy, is related by *Kaau Boerhaave* to the following purpoſe.

A girl at *Harlem* in Holland, on being frighted, fell into ſtrong convulſions, and to the aſtoniſhment of the phyſicians there, thoſe who crouded in to her aſſiſtance, were

were immediately affected in the ſame manner. As the moſt powerful medicines were preſcribed without any ſort of relief; at laſt, the celebrated *Boerhaave* being ſent for, determined to try the force of fear upon the imagination; accordingly he ordered a *formidable apparatus* of furnaces with burning coals, and hooks of iron, to be placed before thoſe who had been thus affected. He told them that ſince medicines had failed, there was no other remedy but that of burning the arm of the firſt perſon affected with a *red hot iron* down to the bone. In conſequence of this they were ſtruck with exceeding *terror*, and ſo reſiſted with all their might the approach of the convulſive fit, that not one of them was ſeized with it afterwards.

It may be equally proper to mention another particular caſe of a contrary nature to ſhew the *power of the body on the mind.* Dr. *Robinſon*, in ſpeaking of hypochondriacal melancholy,

melancholy, expreſſes himſelf in the following words.

A very worthy gentleman, on whoſe fidelity I may ſafely rely, aſſured me, that he knew a perſon who for ſeveral years had been melancholy mad, and who, in one of his frantic fits, flung himſelf out of a window three ſtory high, but accidentally pitching upon a *draw well*, he fell directly down into the water; and being taken up, was perfectly reſtored to the uſe of his ſenſes. It was computed that he fell near thirty fathom before he came to the ſurface of the water.

As we have ſeen that different paſſions, ſenſations, and appetites, at different periods of life, can only be accounted for from alteration of conſtitution which *changes the nervous feeling*, ſo it will appear leſs ſurpriſing, that even diſeaſes themſelves, eſpecially thoſe of the *Brain and Nerves*, ſhould ſometimes be cured by the ſame cauſe; in conſequence of age, or ſuch immediate accidental

cidental impreſſions as thoſe extraordinary ones already related.

In proportion as the ſolids of the body are more firm and ſtrong, or lax and weak, the nerves, which are intimately interwoven with all its parts, will participate of the general habit, and become more or leſs endowed with ſenſibility.

For this reaſon, weakly women and children, in whom the membranous covering of the nerves is too ſoft, thin and delicate, are ſuſceptible of ſlender impreſſions, from pain, or ſudden fear; ſo as to produce paleneſs of the face, palpitation of the heart, convulſions, or other violent ſymptoms: On the contrary, robuſt men and old people, whoſe nerves, in common with other parts, are hardened by the effects of age, become much leſs ſubject to thoſe exceſſive emotions.

Tender bodies, ſuch as the firſt, may be ſaid to be "*tremblingly alive all o'er*," and like wax, to receive too deep an impreſſion.

Women,

Women, therefore compared to men, are much more ſubject to nervous diſorders, both from their natural delicacy of frame, and a more recluſe manner of living, which deprives them of the benefits of exerciſe, and freſh air.

Nervous diſorders, thus ariſing from ſimple weakneſs, are always attended with a preternatural degree of *Feeling* and *Irritability*, and can only be cured by ſuch means as *give more ſtrength and firmneſs to the whole bodily ſyſtem.*

The progreſs of age which gradually imparts ſtrength to the nervous threads interwoven with every part of the body will therefore greatly aſſiſt in the cure of *nervous* and *hyſterical* complaints ariſing from weakneſs.

Hence it may reaſonably be concluded, that moderate *exerciſe* in dry, pure air; the liberal uſe of *Peruvian bark*, with the iron waters of *Spa*, *Tunbridge* or *Iſlington*, and alſo the *cold bath*, are the principal remedies

dies to be depended upon in this ſpecies of nervous diſorders, as they are all known to ſtrengthen the body; and on the contrary, that *bleeding*, *vomits*, *ſtrong purgatives*, the immoderate uſe of tea, or a ſedentary life in warm, moiſt air, will be highly pernicious.

Old Hock and Rheniſh wine, or fine *London Porter*, deſervedly called Engliſh Burgundy, drank in moderate quantities, will be found of ſervice in ſuch caſes, as experience has repeatedly informed me.

In nervous, or hyſteric complaints, attended with head-ach, thirſt, and feveriſh heats, the calybeate waters and bitters are leſs proper; on the contrary, a ſtrong infuſion of Peruvian bark with nitre or ſweet elixir of vitriol, may be taken twice a-day.

The heating gums, as aſſafœtida, ſagapenum, &c. or muſk, caſtor, and the like, are moſt proper when the pulſe is low and the patient free from thirſt and fever; but in fact, ſuch vegetable or animal ſubſtances do

not

not act by ſtrengthening, but only irritating the bodily ſyſtem from their ſubtle effluvia, and therefore may be looked upon as ſo many *dry drams*, which ſeldom produce a ſalutary and laſting effect.

The nerves, like other parts of the body, are nouriſhed by blood-veſſels, and conſequently liable to inflammation, which will increaſe their ſenſibility, and may occaſion pain, delirium, or madneſs: This circumſtance is more fully exemplified by inflammation of the eye, or ear, which will ſo increaſe their nervous feeling, that light and ſound, before producing their natural effect on thoſe organs, without pain, will now become intolerable.

On the other hand, when the nerves are rendered too firm, and inſufficiently ſupplied with blood, as in extreme old age, their ſenſations are deadened and impaired; the ſtomach will loſe its natural power, and the bowels their expulſive force; hence indigeſtion and habitual coſtiveneſs; a paralytic

ralytic numbneſs of the limbs will follow, the ſight and memory begin to fail, and all the paſſions are in a manner extinguiſhed.

——————" laſt ſcene of all,
" That ends this ſtrange eventful hiſtory,
" Is ſecond childiſhneſs, and mere oblivion."

SHAKESPEARE.

The firſt of thoſe nervous maladies being inflammatory, may be relieved by bleeding, gentle evacuations and ſpare diet: The laſt, without the magic power of *Medea*, is in its own nature incurable.

Beſides thoſe general cauſes of nervous diſorders ariſing from ſimple weakneſs; there are others of a more violent and particular kind, proceeding from *diſeaſed humors* in the blood; for inſtance, *breakings out on the ſkin* ſuddenly driven back, and the overhaſty cloſure of iſſues or old ſores have been ſucceeded by nervous ſymptoms, which ceaſed as ſoon as thoſe diſcharges were again reſtored.

The like diſorders have been known to follow *gouty complaints* which ſuddenly went off

off without any regular fit, but on the return of the gouty humors to the hands or feet, the ſymptoms were immediately relieved. An *obſtruction of menſes*, or ſudden ſtoppage of bleeding piles, have often had the like effect; alſo a *venereal taint, ſcorbutic humors*, or thoſe ariſing from *ſcrophula* or king's evil. This particular claſs of nervous diſorders is frequently attended with very dangerous ſymptoms, in conſequence of injury done to the Brain by ſuch *offending humors*; hence *hyſteric* and *epileptic fits*, *low ſpirits* and *melancholy*; which can only be effectually removed, by taking away the original morbid cauſe.

In ſuch caſes, the nerves themſelves are not in fault, but ſuffer in conſequence of thoſe latent diſeaſes, which muſt be *cured according to their own peculiar nature*; for as long as their dregs remain in the blood, and poiſon that vital ſource from which all parts of the body are nouriſhed and ſupplied, ſo long muſt the nervous ſyſtem continue weak and infirm.

We next proceed to the cauſe and cure of *Hyſteric Affections, Low Spirits, and Melancholy.*

The *Hyſteric Paſſion* has been ſuppoſed to ariſe from ſome particular morbid cauſe impreſſed upon the *womb*, which by nervous ſympathy, is quickly transferred from one part of the body, to another, and wherever it fixes, reſembles diſeaſes peculiar to ſuch parts, creating *colic* in the bowels, *aſthma* in the lungs, *giddineſs* in the head, and *ſuffocation* in the throat.

But although this was the general opinion of the ancients, and which many of the moderns have taken upon truſt; no opinion can be more exceptionable and improperly grounded. I have repeatedly had occaſion to obſerve, that various impreſſions on the body and mind will occaſion *hyſterics*, independent of any affection of the womb itſelf.

The ſtomach is more amply ſupplied with nerves than the womb, and therefore, more

ſuſceptible;

ſuſceptible; hence, in very irritable and delicate habits, it often becomes the ſeat of hyſteric affections, from errors in diet, where the aliment offends in quantity or quality.

Violent paſſions of the mind, as anger, or extreme jealouſy, will often produce the ſame effect; and here it may again be remarked, that the impreſſion is made on the nervous ſyſtem in general, and not on thoſe of the womb in particular.

However, as *Hyſterics* have been obſerved to follow obſtructed menſes, it may be allowed, that they ſometimes proceed from a local affection of the womb.

Hyſterical and hypochondriac affections are of the ſame nature, for both proceed from weakneſs and too much ſenſibility of the nervous ſyſtem: The ſymptoms are only diverſified by the difference of ſex; in women, therefore, this malady is called *hyſteric paſſion*; in men, *hypochondriac melancholy*.

The exceſs of ſenſibility in hyſteric women, is inconteſtibly proved by the effect of *muſk*, or other powerful odors, ſuddenly producing fits, independent of any other cauſe, and going into a *bath too hot* has alſo been attended with the ſame conſequence.

No diſeaſe appears more various and changeable than this; but although 'tis often very alarming, it ſeldom proves mortal. The manner of its attack and diſappearance is ſometimes ſo ſudden, that the patient apparently at the point of death one day, ſeems almoſt in perfect health the next. However, when neglected, it is apt to degenerate into obſtinate *Chronic Diſeaſes*, as faintings, low ſpirits and melancholy.

Thoſe of *hyſteric habits* have always weak nerves, they are ſubject to obſtructed perſpiration, bad digeſtion, and wind at ſtomach. The ſymptoms are very different in different conſtitutions; generally, a ſtrangulation is perceived in the throat,

as

as if a ball was riſing up, and therefore called *Globus Hyſtericus*, erroneouſly ſuppoſed to proceed from an aſcent of the womb. Difficulty of breathing, pale urine, faintings, and profound ſleep may alſo be looked upon as genuine ſymptoms of this diſeaſe.

Sometimes the head or temples are affected with acute pain, as if a nail was driven into the part, attended with dimneſs of ſight, and involuntary effuſion of tears. At other times the patient is ſeized with convulſions, or ſudden laughter without apparent cauſe, and talks inconſiſtently, like one delirious.

The *Hyſteric Fit* generally commences with univerſal languor and pain in the loins, attended with ſenſe of coldneſs and nervous trembling; the heart palpitates, the pulſe becomes unequal and obſcure; The extremities grow cold, a choaking is perceived in the throat; the face is pale, breathing difficult, and the voice is loſt. Inſtances have been known, though rare, where

where the patient remained for a day or two as if in a *trance* or dead *ſleep*, without apparent ſenſe or motion.

As the fit goes off, the pulſe gradually becomes ſtronger, and the countenance reſumes its native color. A vaſt quantity of wind is diſcharged from the ſtomach, and at laſt, with deep ſighings, and a face bedewed with ſweat, as if awaking out of profound ſleep, ſhe is reſtored to ſpeech, ſenſe and motion, but complains of ſoreneſs over her body and limbs, as if ſhe had been bruiſed.

During the fit, the attendants, inſtead of crouding in upon the patient, ought to be kept at a diſtance, that the freſh air may have immediate acceſs to her lungs, otherwiſe they cannot be blown up; and the heart being overpowered will now want ſufficient force to drive the blood through its veſſels, conſequently a *ſyncope* or mortal fainting may enſue.

The common cuſtom of pulling open the contracted fingers with violence may overſtrain

ſtrain or tear aſunder their tendons; and that of half ſuffocating her with the ſmoak of burnt feathers or tape is equally abſurd. All that can be done with propriety, during the fit, is to lay her gently on a bed or couch, to keep her head moderately raiſed, and to guard her from ſuch injuries as might happen by the violence of ſtruggling.

Before we proceed farther, it is neceſſary to obſerve, that the *Hyſteric Paſſion*, however diſtinguiſhed by different names is, in many reſpects a *true Nervous Affection* of the more ſevere or acute kind, and that it is to be relieved or cured by the *regimen* and *medical treatment*, proper in ſuch diſorders.

A like delicacy of conſtitution, and the ſame general cauſes, equally diſpoſe women to *Hyſterics* and nervous diſorders; which perhaps may be the reaſon why that ornament of *Phyſic* and *Philoſophy*, the celebrated *Boerhaave*, has not thought fit to treat of the Hyſteric Paſſion as a ſeparate diſorder.

What

What occaſions hyſteric complaints in one, may produce *aſthma*, *convulſions*, *rheumatiſm*, or *diſeaſes of the skin* in another, according as the offending cauſe is diſpoſed to fall upon particular organs of the body.

In plethoric habits, where the fibres are ſtrong, the pulſe hard and full, and the ſymptoms violent, bleeding is proper; but on the contrary, if the patient is languid, and inclined to faintings, it would be improper and highly dangerous.

If the head is affected with pain, the feet ſhould be put into warm water, and the temples bathed with vinegar, which may alſo be ſnuffed up the noſe. The violent palpitation of the heart and internal flutter, may be relieved by clyſters of vinegar and water, or a ſpoonful of lemon juice taken twice a-day, eſpecially in full habits of body, attended with thirſt and fever.

Moderate exerciſe of all kinds, particularly riding on horſeback, or ſwinging, if the patient

tient is weak, have been found sovereign remedies, which may be greatly assisted by the use of *Peruvian bark*, the *calybeate waters*, and *cold bath*.

In short, frequent experience and attentive observation have convinced me, that whoever intends to relieve or effectually cure *Nervous or Hysteric Disorders*, must do it by means which uniformly and permanently act on the general habit of body; and not by directing a new medicine for every new symptom, which at best, can only produce a momentary relief, but will never produce such a change of constitution as to end in a lasting cure.

Melancholy is a species of insanity, or delirium without fever, creating in the mind ideas which either arise from false perception of external objects, or some internal impulse on the brain independent of all outward impressions whatever.

This disease unfortunately renders the patient unfit for the social enjoyments of life;

It

It is either *original* or *acquired*, and if of long continuance, often degenerates into madneſs.

To avoid uſeleſs diſtinctions; under the general name of *Melancholy* may be comprehended thoſe maladies termed *Vapors*, *Low Spirits*, and even *Lunacy* itſelf, being all ſo many branches from the ſame root, and only differing in degrees of violence.

Original or hereditary Melancholy is inherent in the conſtitution and intimately combined with the very principles of life. This particular ſpecies of diſeaſe may be diſtinguiſhed, by ſuddenly ſhewing itſelf, without any apparent cauſe; and as it reſults from ſome fault in the ſtructure of the brain or nerves, is abſolutely incurable, though it does not ſeem to ſhorten the duration of life.

The ſeeds of this diſeaſe, like thoſe of *Gout* or *King's Evil* are diffuſed through the blood, and enter into the very compoſition of the animal frame; for although, on exa-

mination

mination after death, there ſhould be no perceivable fault in its organs; yet as every effect implies a preceding cauſe, it may rationally be concluded, that the firſt ſtamp of their exiſtence was diſeaſed, and will therefore, one time or other produce correſponding morbid feelings in the mind.

By ſimply viewing the ſtamina of vegetables, we know what kind of fruit or flower they will produce; ſo in like manner the *efficient cauſe* of diſeaſes often lie concealed and inactive till excited into motion by accidental means.

However extraordinary the circumſtance may appear, it is probable the ſeeds of diſeaſes in animal bodies, are as diſtinct as thoſe of vegetables; for each produces a ſpecies peculiar to itſelf.

The matter of the *ſmall pox* applied by Inoculation, will not produce *meaſles*, but an eruption of the ſuppurative kind; and the poiſon of a mad dog, invariably affects the throat, brings on difficulty of ſwallowing,

ing, and *dread of water*; but how different diſeaſes thus uniformly fall on particular parts and occaſion the ſame ſymptoms, is beyond the extent of medical knowledge or human comprehenſion to determine.

Acquired or adventitious melancholy does not, like the former ſpecies, ariſe from a diſeaſed ſtate of the brain or nerves, but from ſome violence applied in a greater degree than their tender texture can bear, without impairing their functions and deſtroying that natural correſpondence which ought to exiſt between external objects and the ideas ariſing from them.

Among the principal of ſuch cauſes is *a tranſlation of diſeaſed humors to thoſe organs*, the effect of poiſons, ſpirituous liquors, or influence of the moon: Alſo the exceſs of anger, joy, and ſorrow; or the inſiduous power of love and jealouſy.

Religious doubts which perplex the mind with alternate hopes and fears, a ſedentary life,

life, *mercury* taken in exceſs, or warm, damp air, all diſpoſe the conſtitution to *Melancholy*, by weakening the nervous power.

Thoſe are the *general cauſes* of low ſpirits, and acquired melancholy, which always operate moſt powerfully on people of nice ſenſations, whoſe *pleaſures and pains* from over-delicacy of the nervous ſyſtem, are too exquiſite for ſenſe; but the preciſe manner in which they produce their effects, or why ſuch cauſes do not always produce ſimilar conſequences, in ſuch a particular ſtate of the nerves, is utterly unknown.

"Where joy moſt revels, grief doth moſt lament,
"Grief joys, joy grieves, on ſlender accident."

SHAKESPEARE.

Thoſe, on the contrary, of more clumſy organs, who are poſſeſſed of little more than *vegetable feeling*, never experience the miſery of nervous diſorders; ſo that if they have leſs pleaſure, the account is balanced by their enduring leſs pain.

Hence it appears, that from vapors or pleaſing melancholy, to the extremes of

lunacy

lunacy and *raging madneſs*, their immediate cauſes can only be two, viz. the firſt, internal, from a *fault of the Brain or Nerves*, the ſecond external, from *adventitious cauſes* ſo violently applied, as to diſturb or prevent their natural functions.

We have already obſerved, that the body and mind receive all their information by means of the *Brain* and *Nerves*, and that by thoſe they mutually converſe and ſympathize with each other; hence it will follow, that whenever thoſe organs are injured, and like unfaithful meſſengers do not truly execute their office, and repreſent things as they are; the patient will then be impoſed upon by *deluſive perception*, and figure to herſelf things which have no exiſtence but in her own diſtempered brain.

Impreſſions from the ſame objects affect the body differently at different times, according to the nature and degree of its *nervous power*; thus when it is diminiſhed, the efforts of the body languiſh, and things attempted

attempted to be lifted ſeem heavier than before; if a ſlow fever prevails they are perceiv'd uncommonly cold to the touch; in a word, whatever preſents to the eye and ear, the taſte or ſmell, will differently affect thoſe ſenſes as they more or leſs recede from their natural ſtate.

Objects thus felt through a *falſe medium* will be as imperfectly perceived by the mind, as thoſe reflected from a falſe mirror glaſs, which aſſume ſhapes and magnitude not exiſting in ſuch bodies.

That *Melancholy* and madneſs ariſe from *perverſion of nervous feeling*, becomes ſtill more evident, by obſerving that where the nerves diſtributed to different ſenſes are injured, their faculties are immediately altered and impaired.

Thoſe who are ſubject to this lamentable malady, perceive a ſinking at ſtomach, are timorous and fond of ſolitude; they are ſuſpicious and inquiſitive, alarmed at

mere trifles, and entertain the moſt inconſiſtent and extravagant notions; ever apprehenſive that ſome dreadful calamity is near.

Trallianus ſpeaks of a woman who fancied ſhe ſuſtained the globe of the world on the tip of her finger, and therefore continually kept it upright for fear it ſhould fall. I once attended a lady, now in perfect health, who from the mere force of imagination and deluſive perception, perſuaded herſelf ſhe ſaw the ſpire of a neighbouring ſteeple bend down to its baſis, and raiſe itſelf again.

Such as are thus affected with depraved feeling, may be ſaid to labour under an *incubus* of the brain: At one time they think themſelves dead, at another flying through the air; now taller than a *Coloſſus*, and then ſuddenly dwindled into the ſtature of pigmies. Some converſe with angels or demi-gods, and others talk with ſpectres, and hydra-headed monſters.

They

They ſuppoſe that every one looks on them with malignant eyes, and puts the worſt conſtruction on all they ſay and do; in ſhort, though they are induſtrious to torment themſelves, by means which appear ludicrous, they experience *ſubſtantial miſery*, and are ſometimes driven to deſperation or *ſuicide*; ſo that in the whole catalogue of earthly evils, human nature cannot preſent an object more truly pitiable!

What then ſhall be ſaid of thoſe, who either from ambition or the view of gain, ſtifle the feelings of honor and humanity, and ſordidly ſubmit to form alliances which *entail hereditary miſeries on their poſterity*, more grievous than death itſelf? and who, inſtead of remembering the authors of their being, with filial affection, muſt behold them with indignation and ſorrow!

Retirement and bodily eaſe are deſtructive to the melancholy; for whilſt they ſit unemployed, they become a prey to their own thoughts. On the contrary, *exerciſe*

and *ſeverity of diet* are beneficial; for no one can think or ſtudy with the ſame attention, when impreſſed with the diſagreeable ſenſation of hunger, or tormented with a raging tooth, as when he is perfectly at eaſe.

Violent agitation of body will always interrupt attention of mind: To deny this would be as abſurd as to aſſert that a perſon could deeply meditate with the ſame deliberation, when carried ſwiftly through the air by a head-ſtrong horſe, at the peril of his life, as when retired in ſafety, and reclined at eaſe on a bed of down.

Should therefore the poet attempt to draw a ſtriking image of Melancholy, he would, like the judicious *Beaumont* and *Fletcher*, repreſent her amidſt Bats and Owls, in the depth of ſolitude and gloom.

" Hence all you vain delights,
" As ſhort as are the nights,
" Wherein you ſpend your folly;
" There's nought in this life ſweet,
" If men were wiſe to ſee't,
" But only melancholy:

" Oh,

" Oh, ſweeteſt melancholy!
" Welcome folded arms, and fixed eyes,
" A ſigh that piercing, mortifies,
" A look that's faſtened to the ground,
" A tongue tied up without a ſound.
" Fountain heads and pathleſs groves,
" Places which pale paſſion loves;
" Moon light walks, when all the fowls
" Are warmly hous'd, ſave bats and owls;
" A midnight bell, a parting groan,
" Theſe are the ſounds we feed upon!"

Milton, whoſe ſublime genius never ſtooped to borrow ideas, but to improve and refine them, ſeems to have had this beautiful paſſage in view at the opening of his *Il Penſeroſo*.

" Hence vain deluding joys,
" The brood of folly, without father bred,
" How little you beſted,
" Or fill the fixed mind with all your toys;—
" But hail thou Goddeſs, ſage and holy,
" Hail divineſt melancholy,
" Whoſe ſaintly viſage is too bright
" To hit the ſenſe of human ſight.
" Come penſive *Nun*, devote and pure,
" Sober, ſtedfaſt, and demure;
" All in a robe of darkeſt grain,
" Flowing with majeſtic train,

" And ſable ſtole of *Cyprus* lawn
" O'er thy decent ſhoulders drawn.
" Come, but keep thy wonted ſtate,
" With even ſtep and muſing gaite,
" And looks commencing with the ſkies,
" Thy rapt ſoul ſitting in thy eyes,
" There held in holy paſſion ſtill,
" Forget thyſelf to marble, till
" With a ſad, leaden downward caſt,
" Thou fix them on the earth as faſt.

That great maſter of Allegorical Fiction, *Spencer*, advancing ſtill farther in the ſequeſtered regions of melancholy, at laſt leads us to the dreary manſion of *Deſpair*, in the following lines, which ſtanding unrival'd as awfully deſcriptive, are here preſented to the Reader.

" Ere long they come, where that ſame wicked wight
" His dwelling has, low in an hollow cave,
" Far underneath a craggy cliff ypight,
" Dark, doleful, dreary, like a greedy grave,
" That ſtill for carrion carcaſes doth crave:
" On top whereof ay dwelt the gaſtly owl
" Shrieking his baleful note, which ever drave
" Far from that haunt all other chearful fowl;
" And all about it wand'ring ghoſts did wail and howl!
" That darkſome cave they enter, where they find,

" That

" That curſed man,* low ſitting on the ground,
" Muſing full ſadly in his ſullen mind;
" His greaſy locks, long growen, and unbound,
" Diſorder'd hung about his ſhoulders round,
" And hid his face; through which his hollow eyne
" Look'd deadly dull, and ſtared as aſtound;
" His raw bone cheeks, through penury and pine,
" Were ſhrunk into his jaws, as he did never dine.
" His garment nought but many ragged clouts,
" With thorns together pinn'd and patched was,
" The which his naked ſides he wrapt abouts;
" And him beſide there lay upon the graſs,
" A dreary corſe, whoſe life away did paſs,
" All wallow'd in his own yet luke-warm blood,
" That from his wound yet welled freſh alas
" In which a ruſty knife faſt fixed ſtood,
" And made an open paſſage to the guſhing flood!"

Acquired Melancholy may generally be *cured*, by taking away, if poſſible, the cauſe which produced it; but if it ariſes from a *tranſlation of morbid humors to the brain*, being then *ſymptomatic*, it can only be remedied by removing the original diſeaſe.

Since we find that painful ſenſations applied to the body or mind, often deſtroy health and occaſion Melancholy; by parity

* *Deſpair.*

of reaſoning it may be concluded, that pleaſurable feelings of a contrary nature will bid faireſt to reſtore it. The chiefeſt of thoſe are, *chearful Company*, *Poetry*, *Muſic* and *Dramatic Entertainments* of the comic kind. Frequent *Exerciſe* in the open fields or flower gardens; the waters of *Iſlington*, *Tunbridge* or *Spa*, aſſiſted by that ſovereign remedy the *Peruvian Bark*, and *Cold Bath*, will alſo be found powerfully ſalutary.

The ſtudy of *Natural Hiſtory*, and employment of delineating and painting ſome of its moſt beautiful objects, as thoſe of *Flowers*, *Birds* or *Inſects*, will afford pleaſing and rational entertainment for the mind; as well as that of exploring the wonderful ſtructure of minute animal and vegetable bodies by the aſſiſtance of the *Microſcope*.

The cure of melancholy ſhould be attempted in *Spring* and *Summer*, by travelling far from home, with agreeable company, or if convenient, into foreign countries.

Proſpects

Proſpects which ſuddenly open upon the mind with novelty and ſurprize, are moſt likely to diſpoſſeſs it of painful ſenſations, or counteract their bad effects. Of the different excurſions which the Britiſh iſle affords, none will ſo much contribute to that end as a tour to the *Lakes* in *Cumberland*, particularly thoſe of *Keſwick* and the ſequeſtered regions of *Borrowdale*. Here we may view nature attired in all the ſweet ſimplicity of paſtoral beauty, or behold her enthroned amidſt the vaſt and tremendous fragments of the antediluvian world! *Bruno*, thou holy ſage, here, in ſolemn and deep repoſe, where the Eagle builds her neſt, mighteſt thou have fixed thy dreary abode, to view the wonders of creation, and meditate on things paſt, or worlds to come. Here, might have ſtood another *Paraclete* with its white walls and ſilver ſprings, where ſome former *Eloiſa* devoted

a life

a life to penitence and tears! This the *Vaucluſe* where perhaps another *Petrarch* once retired, and in the anguiſh of his ſoul, bewailed the loſs of his long-loved *Laura*, for which nothing but religious hope could give conſolation, and only death could cure! But of this enough, leſt inadvertently, we excite thoſe very feelings, for which we were propoſing to find a remedy.

On the 23d of July 1780, I ſet out from *Keſwick*, to take a view of the adjacent country from the top of *Skiddow*, and after more than two hours toil we gained the ſummit of that enormous mountain. Although at firſt the ſun was bright and the ſky clear, we were ſoon involved in dark clouds which ſhut all proſpect from our eyes; but after waiting ſome time, an auſpicious breeze from the weſt, ſuddenly diſperſed the gloom, and, as if by the power of magic, inſtantly diſplayed a proſpect which I beheld with wonder and delight. Here I could diſtinctly ſee the *weſtern ocean*,

ocean and ſhips under ſail; the *Iſle of Man*, *Ireland*, South of *Scotland* and part of *England*. At an immenſe diſtance, on the eaſt, was *Croſsfell* or *Britiſh Alps*, over which I had paſſed a few days before, mixing with the horizon and appearing like a blue cloud. Towards the ſouth and contiguous to the view were *Helvellyn* and *Vale of St. John*. Southward, we looked down upon the town of *Keſwick* and lofty, wave-like hills in Borrowdale. At the foot of Skiddow the *Lakes* of *Derwent* and *Baſſenthwaite* appeared like cryſtal mirrors; the firſt is environed with huge craigs, precipices, and hanging woods, and from thence, the *Vale of Keſwick* divided by the *River Derwent*, is beautifully extended for many miles. Mountains of mimic ſhapes, and ſtupendous magnitude ſurround the whole, and exalt their gigantic heads above the clouds.

The mind tranſported with ſcenery of ſuch magnificence and ſupreme delight,

is

is lifted above itſelf, and quitting thoſe earthly regions, enchanting as they are, ſoars above nature, and aſpires to nature's God! How infinite and incomprehenſible is *ſpace*, of which all this is merely a point, and how great the wiſdom of the creator in forming the *eye*, which in its narrow circle, concentrates the wide extended regions of *Ocean*, *Earth* and *Air*?

By thus ſhifting the ſcene, the mind will be preſented with a continual change of new objects which ſtrike more forcibly on the ſenſes, than things familiar to them. The eye will be delighted with all the charms of Variety, in new proſpects, the impulſe of Sounds, different from thoſe before, will ſtrike the Ear; unuſual Odors will affect the Smell, and the Taſte itſelf will alſo experience a Change by the variety of aliments peculiar to different ſituations.

From

From thoſe new impreſſions thus made on the ſenſes, which are ſo many avenues or *immediate inlets to the brain and nerves, a ſucceſſion of new ideas will ariſe*, ſo as inſenſibly to diſengage the mind from objects of its diſtreſs.

We have already prov'd that particular thoughts and reflections of the mind are join'd with certain conditions of the body: and therefore, that *our manner of living, in a conſiderable degree, changes our manner of thinking.*

Hence, by *travelling*, the univerſal benefits of *Air*, *Exerciſe* and *Diet* will at once be moſt agreeably obtain'd; all which tend to ſtrengthen the conſtitution, and to wear out diſagreeable impreſſions of the mind, by introducing others of an oppoſite nature.

The next ſovereign Remedy is *Muſic*. *Cicero* aſſerts its amazing power, and *Plato* ſuppoſes that the effect of harmony on the mind is equal to that of air on the body:

body: Its divine influence is exemplified by *David* in the cure of *Saul*, and the *eaſtern Monarch* who had conquer'd the world, was himſelf ſubdued by the ſeraphic ſtrains of *Timotheus's Harp*.

So wonderful is the empire of Muſic over the mind, as recorded by the ancients, that it leads the ſoldier undaunted to the "imminent deadly breach" and alternately ſtops the rage of conqueſt by its varied power: It mitigates bodily pain, ſuſpends the malignant force of madneſs and deſpair, and lulls the ſoul into tranquility and peace.

"Muſic the fierceſt grief can charm,
"And fate's ſevereſt rage diſarm:
"Muſic can ſoften pain to eaſe,
"And make deſpair and madneſs pleaſe:
"Our joys below it can improve,
"And antedate the bliſs above."

POPE.

ſuch are the ſurpaſſing poetical beauties of the following lines from *Milton's Comus*, relative to our ſubject, that I cannot without the greateſt ſelf-denial omit their quotation.

"At

" At laſt, a ſoft and ſolemn breathing ſound,
" Roſe like a ſteam of rich diſtill'd perfumes,
" And ſtole upon the air, that even ſilence
" Was took ere ſhe was ware, and wiſh'd ſhe might
" Deny her nature, and be never more
" Still to be ſo diſplac'd. I was all ear,
" And took in ſtrains that might create a ſoul
" Under the ribs of Death."

But leſt we ſhould appear to have caught by ſympathy, the ſpirit of enthuſiaſm from thoſe Divine Bards; it will be neceſſary to remark, that the ſalutary power of Muſic and *its manner of operating on the body and mind, depends as much upon rational, and demonſtrative principles, as that of any medicine in the Materia Medica*, although little has hitherto been ſaid on this ſubject, except in a vague and chimerical way.

Muſic produces its ſalutary effect by creating an agreeable ſenſation on the nerves of the Ear, which communicate with the Brain and nervous ſyſtem; and as the inordinate paſſions of the mind all make their firſt diſagreeable impreſſions

on

on thoſe ſenſible parts, and occaſion *Low Spirits*, *Vapors* and *Melancholy*; no remedy can be more rationally applied to counteract their malignant power than that of *Muſic* which excites a *contrary ſenſation* of the pleaſurable kind, and acts immediately upon th *ſame Organs*.

Tickling the ſoles of the feet, that intolerable ſenſation between pleaſure and pain, has been known to occaſion convulſions in children or even death, in thoſe of great ſenſibility; and fragrant *Odors* will exhilarate the ſpirits, or occaſion faintings, according to their different qualities.

We need not then be ſurprized, that the power of Harmony which cures the poiſonous bite of a *Tarantula* or eight-ey'd ſpider of *Apulia*, ſhould produce effects equally extraordinary, by touching the nerves with exquiſite delicacy, and giving to the mind ſuch ſweet exceſs of rapture and delight.

" Ceaſe

" Ceaſe your cares: the body's pain
" A ſweet relief may find:
" But gums and lenient balms are vain
" To heal the wounded mind.
" On every ſtring ſoft breathing raptures dwell,
" To ſooth the throbbings of the troubl'd breaſt;
" Whoſe magic voice can bid the tides of paſſion ſwell,
" Or lull the raging ſtorm to reſt."

BROWN'S CURE OF SAUL.

The effect of muſic will be different according to the ſtile, and manner of its compoſition, and ſhould therefore be adapted to the particular ſtate and diſpoſition of the mind. The plaintive tone of ſoft Flutes induce a pleaſing languor, and like the ſoothing power of opium, compoſe it when irritated by paſſion or tortured by rage; whilſt the merry Pipe and Tabor will exhilarate and raiſe the moping head of Melancholy, depreſſed by *religious Deſpair*, *diſappointed Ambition*, or *hopeleſs Love*.

Let us appeal to the refined feelings of thoſe moſt ſuſceptible of the divine power

of *Harmony*, to prove its ſovereign influence over the mind;--that it is the true oblivious Antidote, the *Nepenthes* of the Gods to heal a wounded ſpirit,--to exalt the ſoul above low-thoughted care, and lap it in *Elyſium*.

SECTION

SECTION XI.

Of a Conſumption; its Nature, Treatment and Method of Cure.

BY Conſumption is meant a univerſal waſting of body, generally occaſioned by the decay of its vital parts, particularly the *Lungs*.

The lungs are two delicate ſpungy bodies placed on each ſide the heart in the cavity of the breaſt: They are chiefly made up of *air-veſſels* and *blood-veſſels*, intended by nature to anſwer the double purpoſe of reſpiration or breathing, and of mixing freſh *chyle* with the blood.

Before the act of reſpiration commences, as in the *Infant*, during its nine months abode in the womb, only a third part of its blood can circulate through the *compreſſed Lungs*; but as ſoon as it is born, they are blown up with air, and then the

whole maſs paſſes freely through their numerous blood-veſſels. Hence it follows, that whatever interrupts reſpiration, and hinders the free play of the Lungs, will occaſion an accumulation of blood in their ſubſtance and diſpoſe the patient to conſumption, by creating *Inflammation*, *Ulceration*, or *Spitting of Blood*.

Although breathing, under certain circumſtances, as I have fully ſhewn in another place*, is not eſſential to life, becauſe the infant before birth diſpenſes with the want of it; yet being once begun, its continuance is abſolutely neceſſary. Thus the *Heart* and *Lungs* unite their power, and labour with inceſſant and unwearied efforts to keep the human body alive; even ſometimes for the tedious period of a hundred years.

As the ſtomach converts aliment into *Chyle*, ſo the action of the Lungs changes that fluid into blood: This is more effectually

* *Lecture introductory to Midwifery, 3d edition, p. 2.*

ally brought about, by the air-veſſels and blood-veſſels being cloſely interwoven with each other; from which the blood will be compreſſed and agitated between two contrary forces, viz. that of the *Heart* driving it through its veſſels, and of *Air* which ruſhes into the Lungs every time we draw breath.

From this previous knowledge, it will be more evident, that thoſe who have weak lungs which cannot freely tranſmit both blood and air, muſt become emaciated and conſumptive; for then the *Chyle* will not be ſufficienrly enriched to nouriſh the body; and their tender veſſels will continually be on the ſtretch by the force of circulating blood and inſpired air.

Hence alſo will appear the innumerable inconveniences they muſt ſuffer from viciſſitudes of weather, the various degrees of heat and cold, or moiſture and dryneſs of the air to which they are continually expoſed.

Intemperance in eating and drinking, or the exceſs of anger are alſo dangerous to the *conſumptive*, by increaſing the blood's motion, which will lay an additional ſtreſs on its weak veſſels, eſpecially in the laſt inſtance, where the voice at the ſame time is often exerted with uncommon power, and conſequently when the air-veſſels and blood-veſſels will be violently over-ſtrained. The regulation of the paſſions, as well as temperance, and pure air, are therefore all of the greateſt moment to ſuch as are inclined to *inward decay*.

Our climate in Britain, from its ſituation as an *Iſland*, is extremely unfavourable to conſumptive habits. The quick tranſitions from heat to cold, and ſudden changes in the temperature of air, as to its moiſture and dryneſs, are not to be endured by delicate conſtitutions without very ſenſible injury.

Such is the great and manifeſt influence of weather on human bodies, that we conſtantly

ſtantly find all the conſumptive ſymptoms aggravated by Winter, in ſpight of the moſt powerful medicines; and on the contrary, as Summer approaches, they are as evidently relieved without any medicines at all.

Cold, moiſt air which generally prevails in this country during *Autumn* and *Winter*, is extremely pernicious to ſuch as have tender lungs: In thoſe inclement ſeaſons blood will be repelled from the bodily ſurface, to the weak internal parts; the cutaneous pores become obſtructed, and that perſpirable fluid which ought to paſs off, being turned upon the throat and lungs, will there produce defluxion of rheum, attended with *Hoarſneſs*, tickling *Cough*, or *Oppreſſion at the breaſt*, and at laſt, *ulceration and ſpitting of blood.*

Under ſuch ſymptoms the patient is ſaid to have got cold, which being too generally neglected as a diſorder of little conſequence,

often lays the foundation of a *Conſumption*, particularly in the winter ſeaſon.

Damp air, intenſely cold and taken into the lungs, puts an immediate ſtop to that ſubtle fluid which in health is conſtantly paſſing off from their internal ſurface: This vapor becomes viſible by breathing on poliſhed ſurfaces and occaſions that moiſture obſerved on the inſide of coach-glaſſes when cloſely ſhut up.

Of all the different ways of taking cold, this is the moſt dangerous to thoſe who have weak lungs and are inclined to conſumption; for then the injury is immediately ſuſtained by the affected part. From this cauſe, though apparently trifling, have obſerved very ſerious conſequences. The moſt effectual caution to prevent it, is that of breathing through a muff, or lawn handkerchief, by which, the air, in paſſing as it were through a ſtrainer, will be diveſted of its chilling power as well as any noxious particles with which it might be combined.

In

In England *Perſpiration*, on a medium, nearly equals all the other Evacuations; but ſuch is the inequality of our climate, reſpecting the degrees of heat and cold, that in Summer the quantity of perſpiration is double to what it was in Winter; therefore without the ſecretions of urine and ſtool are conſiderably increaſed in the laſt ſeaſon, to compenſate for the loſs of perſpiration; the body muſt then neceſſarily labour under a Plethora or preternatural fulneſs; the quantity of our meat and drink, in theſe two oppoſite ſeaſons, being nearly the ſame.

Hence the retained groſs humors will fall on the weakeſt internal part and the Lungs, from their ſpongy texture and peculiar delicacy, will more immediately ſuſtain the injury.

Whoever will attend to the ſtate of human bodies and obvious effects of our Atmoſphere upon them at different ſeaſons of the year, may ſoon be convinced, that of

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ten women diſpoſed to Conſumption, moſt of them fall into this diſeaſe in *Winter*, and gradually become worſe at each return of that ſeaſon, till by repeated attacks, the organs or movements of the body are worn out, and the *Lungs* in particular at laſt tend to a ſtate of diſſolution and decay, followed by *Ulceration* and *Spitting of Blood*, or a *Collection of Matter* which put a period to the patient's life.

The Sleepineſs and oppreſſive Symptoms obſerved in thoſe half-ſtarved with cold, is another ſubſtantial proof, that the circulation may be conſiderably changed by inclemency of Air; for ſuch conſequences chiefly proceed from the repulſion of blood to the internal parts, eſpecially the *Brain*, by which its veſſels are overloaded, and the Patient from thence is ſeized with a *temporary Lethargy*, or uncommon propenſity to Sleep.

But as no conviction is ſo cogent as that ariſing from our own feelings, it may be neceſſary

neceſſary to refer the Reader to what was advanced at page 190, to ſhew a communication between the external and internal parts; and as it has there been proved, that *intenſe Cold* applied to the body or ſoles of the feet, often occaſions pain in the bowels with *Diarrhœa* or purging; it will appear leſs extraordinary that the ſame external cauſe, whether it acts on the nerves, or pores, ſhould produce bad effects on the *Lungs*, particularly, ſince they, as well as the ſurface of the body, are immediately expoſed to the preſſure and ſeverity of the cold atmoſphere.

If Winter is manifeſtly ſo injurious to the conſumptive, the approach of Summer as certainly relieves them. Warm, temperate weather relaxes the ſkin, inlarges the pores, and encreaſes perſpiration. By thus promoting a free and equal diſtribution of blood to all parts of the body, it takes off the ſtreſs from the weak internal parts; and reſtoring the balance between the circulating

culating power of the blood and reſiſtance of its veſſels, the patient finds herſelf ſo much recovered, that ſhe vainly perſuades herſelf all danger is over and paſt.

The relief owing to this change of circulation may ſtill be farther illuſtrated and confirmed by what happens in the *State of Pregnancy*, during which conſumptive women find the ſymptoms ſo much mitigated, that ſcarcely one in a thouſand dies when with child; but being delivered, they are often reviſited with their uſual complaints, and many do not ſurvive, eſpecially thoſe who neglect *Suckling*; which inſtead of rendering them weaker, according to the general opinion, is the only expedient, next to that of a temperate climate, which can be propoſed for the continuance of their relief, as I have repeatedly had occaſion to obſerve.

Thoſe things being highly intereſting to the ſafety of Women, I ſhall endeavour to render

render them as clear and intelligible as the nature of the ſubject will allow.

From the œconomy of the pregnant Womb, and the means deviſed by Nature to carry on the circulation between the mother and child; the following circumſtances will, in a great meaſure, account for that ſalutary change in conſumptive women during the time of their *being with Child*, or *giving ſuck*.

Firſt, as conſumptive women are often irregular or obſtructed; that ſuperfluous blood which ought to have paſs'd off by the womb will be accumulated into the body and fall on the *weak lungs*. Secondly, when ſuch women prove with child, they will find themſelves as effectually relieved as if the menſes were reſtored to a regular ſtate; becauſe the redundant blood will then be conſumed by the child. Laſtly, thoſe who *ſuckle* are relieved nearly in the ſame manner; for Milk being chiefly ſupplied by that chyle which otherwiſe would be converted

verted into blood, its veſſels will be diminiſhed in fulneſs, and the weak lungs relieved as before.

Nature without going out of her wonted road, from a happy concurrence of cauſes, here acts as effectually for the ſafety of the mother and child, as if it was her main intention ſo to do. I have alſo obſerved that conſumptive women who *neglect ſuckling*, and do not menſtruate in due time, after lying-in, are ſometimes affected with *ſpitting of Blood*, which may prove fatal in the concluſion.

But notwithſtanding all that has been ſaid, as things which are good often defeat their purpoſe by being miſapplied; ſhould the patient begin to menſtruate during the time of giving ſuck, or find herſelf daily loſing ſtrength, ſhe ought then to wean her child without delay, and take light nouriſhment, often, and in ſmall quantities.

Since

Since we find the *conſumptive* are conſtantly relieved by *Summer*, thoſe who are ſufficiently attentive to their own ſafety, will, if poſſible, remove into a warmer climate, where that ſeaſon is more uniform, and in a manner perpetual; or at leaſt, where the Winter is ſo ſhort and mild, as to be endured with leſs injury to the conſtitution.

By ſuch a proceeding, joined with the advantage of a Sea Voyage to the South of *France*, *Portugal* or *Italy*; by regulation of the paſſions, frequent *Exerciſe on Horſeback*, and a ſpare *Milk*, or *Vegetable Diet*, many might with certainty be reſcued from the grave, eſpecially where the diſeaſe is not too far advanced, or the ſubſtance of the Lungs corrupted and broken down; in a word, where the patient can hope to obtain relief by any human means, thoſe are moſt likely to effect it.

If unfortunately ſhe is prevented from change of climate, the beſt means of counteracting

counteracting the ſeverity of her own may be expected from all ſuch cauſes as gently promote a free diſtribution of blood to the bodily ſurface; the moſt effectual of which are *moderate exercise*, wearing *fine Flannels next the Skin*, the frequent uſe of the *Fleſh Bruſh*, the application of *Bliſters*, the adminiſtration of *Antimonials*, and laſtly, the *Peruvian Bark with Nitre*, after bleeding and laxatives.

When ſhe is very weak, and the weather ſo cold as to deprive her of exerciſe abroad, *Swinging* has ſometimes been found of conſiderable ſervice; a remedy well adapted to the circumſtances of thoſe who cannot afford to ride on Horſe-back, or in a Carriage, but this ſort of motion, ſhould at firſt, be gently applied. The regularity of the menſes ſhould, if poſſible, be preſerved and the ſecretions of urine and ſtool promoted, eſpecially when the pores of the ſkin are ſtopped; for when one diſcharge is leſſened, if another is not proportionably encreaſed,

a pre-

a preternatural fulneſs of the body muſt follow which will always endanger thoſe who have weak lungs.

An aromatic plaſter large enough to cover the ſtomach and bowels will cheriſh and invigorate the internal parts, and afford relief during the extreme ſeverity of the winter ſeaſon.

From the whole of what has preceded, two general inferences may be drawn, viz. firſt, that a *Conſumption* is rather to be relieved or cured by *ſtrict attention to Regimen*, than the frequent adminiſtration of Medicines; ſecondly, that they ought chiefly to be given towards the approach of Summer, when the *Influence of Weather* joined with *Exerciſe on Horſe-back*, and a *Milk Diet*, concur to increaſe their good effects.

Hoffman, with many others, ſuppoſes, that one principal cauſe of *Conſumptions* in *London*, as well as Britain in general, is owing to the immenſe quantity of *Foſſil* or *Pit-Coal* there conſumed for fuel; from which

the air is overloaded with *ſulphureous, arſenical* or other *metallic Particles* offenſive to the lungs.

This is no improbable conjecture, when we conſider the deadly effects produced by the *Fumes of burning Charcoal*, as well thoſe from *Lead* or other Metals in a ſtate of fuſion. All metals heated to a certain degree throw off conſiderable quantities of effluvia, as is evident from the uſe of *metallic Stoves*, which often create head-ach, and ſickneſs at ſtomach, eſpecially in ſmall rooms cloſely ſhut up from the acceſs of external air.

The ſuffocating cough excited by a pan of live coals uſed in warming beds, which is inceſſant till the noxious fume is expelled from the lungs, ſhew, that ſuch air is highly offenſive even to thoſe of a healthy perſon; how much more injurious then muſt it prove to that organ, in a tender, ulcerated ſtate, when conſtantly expoſed to an atmoſphere more or leſs impregnated with the ſame pernicious qualities?

From

From ſome kind of *Pit-Coal*, may be extracted *Alum*: By diſtillation it yields an *acid Liquor*, and a *thin Oil*, which in burning, fly off and impregnate the air with their peculiar qualities.

We know the effect of poiſons externally applied to open, ulcerated parts is more deadly than when internally taken. *Pope Clement*, we are told, was deſtroyed by a poiſoned torch carried before him. The fumes of fermenting liquors will ſuffocate; and the vapor of *La' Grotta de Cani*, near *Naples*, produces the ſame mortal effect. Thus we may ſee what innumerable avenues are open to the approach of Death, ſince the very air we breath may convey a mortal and ſlow conſuming poiſon.

Hence, ſuch as have tender lungs ſhould carefully avoid breathing a *putrid Air*, ſuch as that of Hoſpitals, the Chambers of thoſe ſick with the *Small-Pox* at the height of eruption, or other diſeaſes where a corruption of the juices prevail.

The Air near ſtagnating waters, dung-hills, common-ſewers, or the muddy banks of large rivers, from which the water often retires, is highly pernicious, eſpecially in hot weather; for *Heat* and *Moiſture* are two great cauſes of putrefaction, and vegetable bodies in a ſtate of corruption, will ſoon bring others to decay, if they lie within their ſphere of action. From ſuch circumſtances it will appear, that ſleeping in cloſe bed-chambers with ſuch as have offenſive breath, or diſeaſed lungs, muſt be highly injurious to thoſe inclined to conſumption.

Indeed, I cannot help thinking that the *ſulphureous* or *metallic fumes* proceeding from large *Coal Fires*, and continually taken into the lungs of ſedentary, ailing people, who are moſt tempted to ſit too near them, may be extremely hurtful, by deſtroying the enlivening ſpirit of the air, criſping their internal membrane, and drying up their natural moiſture; the conſequence of which will be a *hoarſneſs*, *ſhort*, *phthiſicky cough*, with

with *Tubercles in the Lungs*, ending in *Conſumption* or *Aſthma*.

The liberal uſe of *Animal Food* and *Malt Liquors* I know have been deem'd the cauſe of Conſumptions; but there ſeems little reaſon to adopt this opinion; becauſe many of the *conſumptive* have been known to recover by removing into warmer Climates, where they lived almoſt entirely in the Engliſh manner; a circumſtance which at leaſt clearly ſhews the great influence of *temperate*, *pure air*; and that the conſtitution, when aſſiſted by its ſalutary power, was able to ſurmount every obſtacle to a cure.

Beſides, was a *Conſumption* in this country occaſioned by *Peculiarity of Diet*; that being nearly the ſame all the year round, ſo ought the ſymptoms, but on the contrary, in *Summer* the patient is generally relieved, let the Diet be what it will, and the utmoſt caution in eating and drinking is found in-

ſufficient to prevent the diſeaſe from returning with violence on the approach of *Winter*.

In ſhort, from a general review of the ſeveral preceding circumſtances relative to this ſubject; the *Inſtability* and *Coldneſs* of our Climate, joined to its *Moiſture*, and the *noxious Fumes of Pit-Coal*, with which the air of cloſe rooms is continually loaded in *Winter*, ſeem *two principal concurring cauſes*, why a *conſumption* is *endemial* or peculiar to the *Iſland* of *Britain*; and why it particularly prevails with uncommon ſeverity in that *cold*, *moiſt* and *variable ſeaſon*, when the greater quantity of *ſulphureous* or *metallic Vapor* conſpires to encreaſe the morbid cauſe.

So great is the devaſtation made by this fatal malady, that like a *ſlow-conſuming Plague*, it deſtroys the human race by thouſands, and with the unrelenting violence of a cruel ſpoiler, generally ſeizes the young and moſt beautiful of the Female Sex; for ſuch from their natural delicacy

of

of frame, are more particularly ſubject to its malignant power.

By the London, yearly *Bills of Mortality*, it appears, that the number of thoſe carried off by *conſumption* makes nearly a *fifth* part of the whole dying by all other diſeaſes put together, which however incredible, is a certain fact; for on examining the ſeveral *Bills of Mortality the laſt Six Years*, I found the proportions ſtood thus.

Sum total of Deaths from December 1770 to December 1771, 21780; of whom died of Conſumptions 4809, being much more than a fifth of the whole.

From the year 1771 to 1772 total of deaths 26053; of whom died of Conſumptions 5179, being upwards a fifth of the whole.

From 1772 to 1773 total of Deaths 21656, of whom died of Conſumptions, 2825. From 1773 to 1774 total of deaths 20884, Conſumption 4242. From 1774 to 1775 total of deaths 20514, Conſumption

4452. From 1775 to 1776 total of deaths 19048, Conſumption 4508, by a general eſtimate being more than a fifth of the whole.

Sydenham ſuppoſes that *chronic Diſeaſes* deſtroy a third part of thoſe who die, and that two, out of three of them are carried off by *Conſumption of the Lungs*; and ſeeing that between four and five thouſand people are yearly cut off by this diſeaſe in the cities of *London* and *Weſtminſter*; it will follow, by a moderate computation, that upwards of 30,000 people die yearly in Britain of this deſtructive malady, of whom, by far the greateſt part are women, in conſequence of their natural delicacy and *Irregularities* peculiar to their Sex.

It is ſomething remarkable, that in *Holland*, as well as different quarters of this kingdom, where the inhabitants uſe *Turf Fires*, few die conſumptive: The fact is certain, but whether owing to the particular qualities of this vegetable fuel, or proceeding

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ing from a more healthy ſtate of air in ſuch ſituations, and the temperate way of life peculiar to the inhabitants, I cannot take upon me to determine.

In *Holland*, the air, although moiſt, is perfectly free from mineral ſteams, and therefore more ſoft and friendly to the lungs of conſumptive people, than many parts of England; eſpecially to thoſe ſubject to a dry, ſhort cough, which ſtrongly indicates their being affected with *Tubercles*.

The air of cities being replete with ſmoak, and ſulphureous vapors, with the effluvia continually proceeding from animal bodies, muſt certainly be more offenſive to the lungs than that of the country.

Perhaps the tendency from this cauſe, to form thoſe ſmall livid knobs or *Tubercles*, ſo often found in the lungs of conſumptive people, may be much encreaſed by the dryneſs of the air in great cities, where the rains, inſtead of ſinking into the earth, as in country places, are immediately carried off by the common-

common-sewers; and for this reason, some people of spungy solids and dropsical habits, find themselves better in town than country.

Having considered the general causes and method of curing a Consumption proceeding from the nature of our climate; we shall next point out that particular habit of body, whether *original* or *acquired*, which renders women more immediately subject to it, and afterwards lay down the most effectual means for its *Prevention*, *Relief*, and *Cure*.

Human bodies, like particular Edifices, are formed to endure a longer, or shorter time according to their manner of construction and the materials of which they are made up: In some, the organs are naturally firm and strong, in others, they are composed of *perishable stamina* derived from the parent, and therefore liable to wear out, before the usual period of life is completed.

Agreeable to this observation, I have often remarked from the *public papers*, as well as those solemn monitors the *Tomb-Stones*,

Stones, that many of the ſame name and family were carried off nearly in the ſame term of years; and I have no doubt, but the correſpondence would ſtill have been more exact, was not the duration of human life lengthened or ſhortened, from Temperance, Exceſs, or other accidental circumſtances inſeparable from each individual.

We alſo find that ſuch as very ſoon complete animal growth, and arrive at their full ſtature before the due period, are generally *ſhort-lived*; according to an old proverb indelicately expreſſed, but no leſs true. The ſame obſervation holds good in *Vegetables*, for thoſe of the ſame ſpecies, ſooneſt produced, are the firſt which come to decay: Such a variation from the ſtandard of nature, in animal or vegetable bodies, implies a weak ſpungy texture of their parts which muſt therefore render them leſs durable.

The ſudden growth of young people after ſevere illneſs alſo illuſtrates this matter; for

for their ſolids being then greatly weaken'd, will yield more than uſually to the circulating force of the blood, now conſiderably increaſed by the keen appetite and ſtrong digeſtion uſually attending recovery.

Thus may be ſeen, why thoſe born of *conſumptive parents*, or who derive from thence the *King's Evil*, *Venereal Diſeaſe* or *Scurvy*, cannot be healthy or long-lived, till the ſeeds of thoſe maladies are deſtroyed; and hence the diſtinction of a *ſcrophulous* and *venereal* Conſumption originally exiſting in the body.

Thoſe of very delicate habits and fair complexions, who are ſubject to hoarſneſs and cough on ſlight occaſions, are narrow cheſted, and have a long, ſlender neck; are of all others moſt apt to fall into Conſumption.

This Diſeaſe may alſo proceed from exceſſive waſte of blood and juices, *Profuſion of Menſes*, or *Fluor Albus*, *Night Sweats*, or *Habitual Looſeneſs*. An obſtruction of menſes,

ſes, the ſudden ſuppreſſion of a fanious fluor albus, diſcharge from old ſores, eruptions repelled from the ſkin, immoderate uſe of ſpirituous liquors, or unfavourable termination of the *Small-Pox*, *Meaſles*, and *Hooping Cough*, have all been known to produce that kind of Conſumption which falls upon the lungs.

There is alſo a *Nervous Conſumption* ſuppoſed to ariſe from extreme delicacy of bodily frame; but I believe, it is more frequently brought on by *Grief*, and diſtreſs of mind, which deſtroy the animating power of the nerves; conſequently, both *Digeſtion and Circulation depending upon it*, being impaired, the body muſt languiſh and daily waſte for want of nouriſhment.

That hereditary ſpecies of Conſumption proceeding from a *ſcrophulous*, *venereal* or *ſcorbutic taint*, can only be relieved or cured by ſuch medicines as are peculiarly adapted to the nature of thoſe diſeaſes; which purify, and give balſam to the ſharp, thin blood,

blood, as well as evacuate those offending humors, which otherwise might fix upon the lungs and create inflammation and destruction of that organ.

Women are most apt to become Consumptive in *Winter* and beginning of *Spring*; particularly from the time of maturity to the age of thirty-five. *This is the fatal period* which so much indangers female constitutions; especially if the menses do not commence duly and continue regular. Under those circumstances, if they are uncommonly delicate, were subject to *Bleeding at the Nose* when young or born of unhealthy parents; 'tis ten to one but they fall into a Consumption, of which, *spitting of Blood* is generally the forerunner.

This flattering malady, tho' mild in its beginning, if neglected, grows worse every winter, and runs thro' all its stages, till at last the lungs are *ulcerated and broke down*, or beset with *Tubercles* which suppurate and destroy the patient. Among the vast number

ber of conſumptive caſes which happen in this immenſe *Metropolis*; thoſe moſt converſant with the diſeaſe muſt have ſeen this remark verified a hundred times over.

Ulceration, or abſcels of the lungs are extremely difficult of cure: A part agitated by the cough, and continually ſtretched by the influx of *Blood* and *Air*, cannot eaſily heal; particularly as the cold air in contact with it is found extremely unfriendly to ulcers in general. We may add, that ſince the putrid matter cannot always be raiſed by coughing, it will neceſſarily corrupt the contiguous parts, or being ſucked up into the maſs of blood, will create hectic fever, and aggravate the diſeaſe.

Altho' I have ſeen ſome inſtances where ſuch have recovered, they rather ſhew what may poſſibly happen, than what is naturally to be expected. The inference I would wiſh to have made from theſe particulars is ſimply this; That as a *confirmed*

Conſumption

Conſumption is ſeldom ſucceſsfully treated; every prudent caution ought to be taken, and all poſſible means deviſed in due time, to prevent its arriving at an incurable ſtate.

But here lies the obſtacle ſo unfortunate for the patient: This diſeaſe like a treacherous adverſary, makes its advances by ſuch ſlow and inſenſible degrees, with ſo little pain or apparent danger, that ſhe ſeldom thinks it neceſſary to apply for advice, till almoſt paſt a cure.

The diſeaſe, as already remarked, generally comes on about the end of *Winter* or beginning of *Spring*, with what is called a bad cold, followed with want of appetite, indigeſtion and ſickneſs at ſtomach. A ſlow *hectic fever*, particularly in the evening or after eating, with fluſhings in the face, alſo prevail: Sometimes there is a defluxion of ſharp rheum on the throat and lungs, attended with heat, oppreſſion in the breaſt, and *ſpitting of Blood*. In others, there is a ſhort, dry cough, and difficulty

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of breathing which indicates *Tubercles*, or ſmall, hard, livid tumors of the Lungs, like hail-ſhot.

As the ſymptoms continue, the body begins to waſte and fall away, being not only unduly nouriſhed, but its diſcharges much greater than its ſupplies. The fever increaſes, and comes on in the evenings with chilneſs like a ſlight ague-fit; it is uſually followed with thirſt, fluſhings in the face, a burning heat in the palms of the hands, and towards morning goes off with profuſe ſweats, and mitigation of the ſymptoms.

If the *Night Sweats* are too ſuddenly reſtrained by accident or deſign; a *Diarrhœa* or looſeneſs follows; and where that is haſtily ſtopp'd, I have obſerved a *Dropſy* ſometimes follows with *ſwelling of the feet and legs*, an increaſe of the *ſpitting of blood, or ſalivation and Thruſh*; all which denote the rapid and dangerous advances of this deſtructive diſeaſe.

In conſumptive habits, therefore, the moſt rational and effectual means either to *prevent*, *relieve*, or *cure* the diſeaſe, will be to *ſtrengthen the Lungs, and abate the circulating force on their weak veſſels*, ſo as to hinder if poſſible the *ſpitting of blood* from coming on; or at its firſt appearance immediately to uſe ſuch remedies as are moſt likely to take it away; for the Lungs being only weak and tender, but as yet whole and entire, there may ſtill be reaſonable hopes of cure.

From whatever cauſe the ſpitting of blood ariſes; *Bleeding* ſhould be directed in ſmall quantities, and frequently repeated as often as the leaſt *heat*, *oppreſſion*, or *ſenſe of fulneſs is perceived in the Breaſt or Lungs*. The patient's weakneſs ſhould not deter her from ſubmitting to this method; for her principal hope ſhould be placed in this evacuation ſeaſonably directed, which by leſſening the Inflammation, and force of the diſeaſe, will not diminiſh, but reſtore her ſtrength.

I do not however mean, that we are to be extravagantly profuſe of that vital fluid which nature is at ſo much pains to prepare; for, although of all *chronic diſeaſes*, Conſumption of the Lungs is moſt commonly attended with inflammation and ſlow fever; yet *Bleeding* ought not to be directed without proper advice, and every other prudent caution.

By the abuſe of this remedy, I have ſeen inſtances where the patient, from Conſumption, has been hurried into a *Dropſy*; to which ſhe will be more ſubject, as the blood is generally poor and watery, when the Lungs are weak and defective in their office.

Where this conſequence is to be feared; an *abſtemious diet* may be ſubſtituted for bleeding; for thus, by leſſening the quantity of food, there will be a gradual ſubtraction from the quantity of blood, and the veſſels will ſo contract and accommodate themſelves to what remains, as to

render the patient leſs liable to faintings, exceſſive weakneſs, or Dropſy. In ſuch caſes, the *Peruvian Bark* with *Nitre* or *Chryſtals of Tartar*, by ſtrengthening the body, will be found of conſiderable ſervice.

Except in the *Nervous Conſumption*, a very ſpare diet of *milk*, *vegetables*, and *ripe fruits* of the aceſcent kind will aford relief; and the patient ſhould almoſt entirely abſtain from animal food, wine, or fermented malt liquors. For common drink, pure ſpring water, boiled for a few minutes and pour'd on toaſted bread, with the addition of Honey and orange juice will be proper; but if her habit is coſtive, *Imperial Water* ſweetened with *Manna* may occaſionally be uſed.

After the ſymptoms of fulneſs are thus removed by bleeding or abſtemious diet, which will allow the weak veſſels to contract and become firmer; an infuſion of *Peruvian Bark* with *Nitre* or *Elixir of Vitriol* may be given twice or thrice a-day; but ſhould the cough increaſe, with oppreſſion at

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the breaſt, attended with a dry ſkin, quicker pulſe and ſtitches in the ſides; it will be proper immediately to deſiſt from their uſe. The patient ſhould daily ride on horſeback, when the weather is fine, at leaſt two hours before dinner, or longer if her ſtrength will permit.

The honeſt and judicious *Sydenham* declares, that the Peruvian Bark is not a more certain cure for an intermittent, or mercury for a venereal lues, than riding on horſeback is for the cure of Conſumption.

Walking is the moſt general exerciſe of body, but riding being only a kind of *paſſive motion*, fatigues much leſs; and as it gently agitates the ſtomach and bowels, it becomes highly ſerviceable in aſſiſting the diſtribution of blood through theſe, as well as all other internal vital parts.

Sleeping in a ſmall, confined bedchamber on the ground floor, or ſitting in very warm rooms are highly pernicious; for in proportion as the heat between theſe

and the common atmoſphere is deſtroyed, the patient will be more or leſs liable to obſtructed perſpiration, when ſhe breathes the open air. She ſhould therefore avoid the extremes of heat and cold, more eſpecially the moiſt, night air; ſharp eaſterly winds, the cold bath, or whatever might turn the current of blood inwards upon the weak lungs. Coughing, ſtraining, or loud ſpeaking, particularly in the time of extreme anger, are dangerous, as well as agitation of body or mind.

Should blood at any time eſcape from the noſe, or piles, it ought not to be ſuppreſſed, eſpecially if the patient is irregular or obſtructed; for when there is pain, fever, or inflammation, I have known ſuch diſcharges productive of relief.

Inſtead of this ſimple method of treating a *Conſumption*, deduced from the true nature of the diſeaſe, and the ſtructure of the affected parts; *Spermaceti* and other oily medicines have generally been directed under

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the name of Balſamic Emulſions; but if thoſe mixtures could effect a cure, as the patient is generally pretty well ſupplied with them, we ſhould not find the diſeaſe ſo fatal in its event.

Such things are ſo far from relieving, that they are found to do manifeſt harm, by palling the ſtomach and deſtroying appetite. Beſides, all fat and oily ſubſtances acquire a degree of ſharpneſs, by the feverish heat of the body, which is highly injurious; they increaſe the rancidity of bile, and diſpoſe the blood to putrefaction; all which effects directly oppoſe the intention of cure: and it is for this reaſon, that milk is generally forbid to ſuch patients as have much fever; but if it is allowed at all, the cream, or oily part ſhould always be taken off.

The *Milk* of animals being little more than purified *Chyle*, may be looked upon as the natural food of both the young and old. It wants no aſſiſtance from the ſtomach, but paſſes from thence into the blood with very

little alteration. Hence may be ſeen how much better this balſamic emulſion is adapted to nouriſh and ſupport the ſtrength of conſumptive people, than any other.

It partakes both of an *animal* and *vegetable* nature and retains, in ſome meaſure, the qualities of the aliment from which it was prepared. The milk of Cows, for inſtance, which have accidentally fed on *elder leaves*, and *meadow garlick*, is ſtrongly impregnated with the flavor of thoſe vegetables; and this may ſuggeſt a hint how it might be tranſmitted into the blood of conſumptive patients in a *medicated ſtate*, when taken freſh and in large quantities.

I know it is generally ſuppoſed that medicines loſe their power before they can reach the affected part, and doubtleſs this is often the caſe; but the objection is leſs applicable in Conſumptions than any other diſeaſes; ſince there is no part of the body to which their virtues may be ſo *perfectly* and *ſpeedily conveyed* as to the *diſeaſed Lungs*, through

through which the whole maſs of blood is continually paſſing, and which might therefore be impregnated by the conſtant ſupply of freſh *medicated Chyle.*

It appears by experiments, that our food is changed to chyle and paſſes into the blood in the ſpace of *ſix hours.* Chyle having undergone the digeſtion of one animal, preſerves the qualities of aliment from which it was prepared; and moſt probably will ſtill retain them, in a conſiderable degree, even when mixed with blood in the lungs of conſumptive people.

But although *Milk Diet* may prove beneficial, neither this natural Balſam or any ſubtle, *balſamic Æther* immediately received into the lungs themſelves, can effect a laſting cure, without due regard to the regimen of *Air*, *Exerciſe* and *Diet*, as well as the *abatement of force from the blood*, and *Atmoſphere* continually acting on their weak veſſels; which, collectively, may be conſidered as the *very Baſis on which a cure muſt depend.*

Milk

Milk is compoſed of three parts, viz. *Cream* or animal oil, *Curd* or cheeſy ſubſtance, and *Whey* or a watery part mixed with the ſalt or ſugar of milk: The laſt, in weak habits attended with fever is beſt; without Aſs's milk can be procured, which affording a very ſmall quantity of curd and oil, is lighteſt and preferable to all the reſt, Woman's milk only excepted. Mare's, Goat's, Sheep's, and Cow's milk are next in degrees of goodneſs, as beneficial to conſumptive people.

Thoſe who expect the benefits of *Milk Diet* in its full extent, inſtead of trifling with it in the uſual manner, muſt take it perfectly freſh in the quantity of half a pint three or four times a-day; that is, they ſhould in a manner live upon it; for, although it may not at firſt agree with thoſe accuſtomed to animal food, if properly managed and perſiſted in, it will at laſt become grateful, more friendly to the ſtomach and bowels, and reſtorative to the conſtitution than every thing beſides.

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If it curdles or lies heavy on the ſtomach; *Seltzer-Water* in the quantity of a third part may be added, or a little *Magneſia*; ſhould it prove too laxative, one drop of chemical *Oil of Cinamon* on ſugar, or a ſmall quantity of *ſugar of roſes*, will remedy that inconvenience.

In Conſumptions ariſing from a putrid, ſcorbutic cauſe, I have directed *butter-milk* with great relief to the patient, eſpecially when it had acquired a ſlight degree of acidity by keeping.

Where *Tubercles* in the lungs were ſuſpected, I never found any thing relieve the ſymptoms ſo much as freſh *New Milk Whey*, ſweetened with *Honey*, and the addition of a ſmall quantity of fixed *Alkaline Salt*, eſpecially if taken after bleeding and gentle evacuations. The liberal uſe of *Ripe Fruits*, and almond ſoap mixed with chocolate, according to the *Italian cuſtom*, will prove beneficial. The warm vapor of hot vine-

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gar and water frequently received into the lungs thro' a fine ſpunge, will alſo be found of real ſervice.

It would be uſeleſs to enumerate the various *pectoral* medicines as they are ſpeciouſly called; in reality, thoſe vegetables which deſerve that name, if we are to judge from their effects, are *bitteriſh* and *diuretic*, and act by purifying the blood and ſtrengthening its veſſels.

The white of freſh, raw eggs is a balmy *animal ſoap* of exquiſite fineneſs, fit to nouriſh and repair the body, it will gently open obſtructions and give balſam to the blood, being exactly ſimilar to its Serum or wheyey part. By the heat of the ſtomach it will gradually diſſolve, but ſpirituous liquors, or heat applied in a violent degree turn it into an indigeſtable, horny ſubſtance void of all nouriſhment.

Take an emulſion of ſweet almonds made with pure Briſtol or diſtill'd water, one pint; whites of four or five freſh eggs,

Minorca

Minorca or *Narbonne Honey*, half an ounce or more, beat them well together and ſtrain through a fine hair ſieve.

Of this Emulſion, which is perhaps the *greateſt Reſtorative in Nature*, the conſumptive patient may take a large tea-cup full three or four times a-day: It will not curdle or load the ſtomach, and is much ſuperior to all the mock *Aſs's milk* I have ever tried, being compoſed of a ſaponacious, vegetable, and animal fluid, rendered palatable by the eſſence of flowers or *Honey*, the moſt exalted of all balſams.

Bliſters, and Iſſues may be of ſome ſervice in the *ſcrophulous*, *venereal*, or *ſcorbutic Conſumption*, by evacuating the offending humors; but nothing, ſave that which will thoroughly purify the blood, and expel their *corrupting Leaven*, can work a perfect cure.

A Nervous Conſumption ariſing from grief or anxiety of mind, muſt be treated as already directed in the ſection on *Low Spirits, and Melancholy*; but above all, the cauſe which

which diſtreſſes the mind, and deſtroys the *nervous influence on the bodily organs*, ſhould, if poſſible, be taken away.

As to the general regimen of diet, every thing that is ſalt, high ſeaſoned, or ſmoke-dried ought to be avoided. When it is proper to allow animal food, it ſhould be light of digeſtion and of the moſt nutritive kind, chicken, veal, or young rabbit; and alſo the glandular parts of animals.

Freſh Eggs ſlightly poached, and ſhell-fiſh are proper, particularly *Craw-fiſh* and *Oyſters*; of other kinds, whitings, ſoles, and flounders are preferable to the reſt. Thin *Jellies* may alſo be ſparingly given, but they are not ſo beneficial as commonly ſuppoſed.

It ought to be a general cuſtom with the patient to eat often, and in ſmall quantities, becauſe the frequent ſupplies of *freſh chyle* will in ſome meaſure counteract the putrid tendency of the lungs; and by taking little ſuſtenance at a time, the ſtomach will be better able to diſpenſe with it. By ſuch means

means ſhe will alſo avoid *hectic heats* and fluſhings in the face, ariſing from increaſed circulation.

Thoſe are the ſeveral *Rules and Cautions* which I would wiſh to recommend for the *Prevention*, *Relief*, and *Cure* of a *Conſumption*, here placed in a *new Light*; but they ought to be conſiderably varied according to the ſtate of the diſeaſe, the nature of its ſymptoms, and difference of the patient's age and conſtitution.

As this is a Diſeaſe of the moſt fatal kind, I have dwelt the longer on its *nature* and *treatment*; and being as fully perſuaded of the reality of what I have here advanced, as *practical Facts*, and *repeated Experience* can make me; I am diſpoſed to hope, the Reader will, from thence, receive ſuch information as eſſentially tends to the *preſervation* or *recovery* of her health.

SECTION

SECTION XII.

Dropſy and its Method of Cure.

ACCORDING to the bills of mortality about *nine hundred* people in London die yearly by the *Dropſy*, of which number Women make by far the greateſt part, being much more ſubject to it than men, from the natural ſoftneſs and delicacy of their ſolids, their ſedentary life, and the irregularities, defect or exceſs of the diſcharges peculiar to their ſex.

To enter profeſſedly into a detail of the various kinds of Dropſy would far exceed the limits of my deſign; I only mean to treat of thoſe moſt frequent, namely, the *Aſcites* or Dropſy of the belly, *Anaſarca* or that diffuſed over the ſurface of the body, and a *Dropſy of the Womb* or its contiguous parts.

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The human body has two ſorts of veſſels opening into all its cavities; the firſt pour out a fluid to moiſten their contained parts and are called *Exhalents*; the other imbibe ſuperfluous moiſture, and are called *Abſorbents*. Hence it will follow, upon the moſt ſimple principles, that when this fluid is ſupplied by the *Exhalent Veſſels*, more abundantly than the *Abſorbents* can ſuck up, the watery part of the blood will be collected in its reſpective cavities in too large quantity, and a *Dropſy* muſt enſue.

Whatever weakens the vaſcular ſyſtem and renders the blood thin and watery, will diſpoſe the body to *Dropſy* by leſſening the abſorbent power; the principal of which cauſes are *bad Digeſtion*, *weak Lungs*, or a *diſeaſed Liver*; for when thoſe organs execute their office imperfectly, the chyle will be crude and unconcocted, and the blood inſtead of being rich and well prepared, will become poor and watery.

The abuſe of *blood-letting*, an *immoderate Flooding*, *exceſſive diſcharge of menſes* or *Fluor Albus*, *profuſe Night Sweats*, and *long continued Diarrhœa* or an *Ague*, all diminiſh the circulating power, and render the blood's motion ſo ſlow, that its watery part may ſeparate from the reſt, and lay the foundation of *Dropſy*. Strangulation or preſſure on the veins, and thoſe veſſels called *Lymphatics*, as in women with child, where the enlargement of the womb prevents the free circulation of blood, will alſo occaſion dropſical ſwellings.

The more remote cauſes of this diſeaſe are intemperance, particularly the uſe of ſpirituous liquors; late hours, taking cold, low, damp ſituations, watery diet, cold moiſt air, and want of ſufficient exerciſe.

No remedy has been more abuſed than bleeding, eſpecially among women, who have recourſe to it upon the moſt trifling occaſions. *Blood* is the very *Fountain of life*, and whenever weakly people are deprived of

of too large a quantity, the circulation will flag, and what remains cannot be carried far enough through the vaſcular ſyſtem of the body to ſupport its natural diſcharges: Hence a load of groſs humors will be collected, producing a bloated habit, ending in *Ague* or *Dropſy*.

Indeed, in acute Diſeaſes where the blood offends in quantity, *Bleeding* is often a ſpeedy and effectual remedy; but in *Chronic Caſes*, where it is rather faulty in *quality*, then it will be found pernicious. However, ſhould it, on particular occaſions, appear neceſſary; ſuch benefits as ariſe from it, may be more ſafely obtained, in languid conſtitutions, by ſpare diet, and gentle laxatives. In ſhort, as before obſerved, the great pains which Nature takes to prepare this *vital Fluid* ſhews, that we ought not profuſely to throw it away.

Dropſies are generally attended with ſlow fever, intollerable thirſt, and great defect in the diſcharge of urine. The pores of

the ſkin are alſo ſhut up, ſo that thoſe fluids which ought to paſs off by the natural outlets being now retained, will overflow the cavities, and drown out, as it were, the ſeveral vital parts.

Where a Dropſy ſuddenly comes on by the ſtoppage of ſome natural Evacuation, it may be almoſt certainly cured, if taken in time, eſpecially when the patient is young; but if on the contrary it is of long ſtanding, ariſes from a bad conſtitution, and decay of the internal parts, the event will be very different; for here the bowels being long oppreſſed and ſoak'd in the collected water, will almoſt entirely loſe their natural power, or even become putrid; conſequently, no abſorption of fluid can be expected.

We ſhall borrow an illuſtration from *Vegetables*, to render this circumſtance more plain and intelligible. If a Roſe or any kind of plant, is cut from its ſtalk and immediately placed in water, it will imbibe or drink up a ſufficient quantity to keep it alive

alive a conſiderable time ; during which, the *ſmall buds* on the ſame ſtalk will expand and blow ; but on the contrary, as ſoon as the ſtalk withers, and the veſſels of which it is compoſed loſe their abſorption, then it will languiſh and die. By the ſame abſorbent power, Corn has been obſerved to ripen conſiderably after being cut down, where a fall of dew or rain happened ſoon after.

The intention of curing a dropſy of the belly will be, to evacuate the contained water, and prevent it from collecting again. Whatever increaſes bodily ſtrength will be found to aſſiſt in carrying off the water, by giving power to the abſorbent veſſels. Some Dropſies, therefore, may be cured in the beginning, by *Bark, Steel and Exerciſe* ; but this method will not ſucceed except where the ſtrength is but little impaired, the vital parts ſound, and abſorbing power ſtrong.

In general, the cure will be more ſafely attempted by *promoting the Urinary Diſcharge*; particularly when the complaint is of long ſtanding, and the bowels are weak or unſound.

If *Vomits* and ſtrong *Purgatives* are given, it ought only to be in the early ſtate of the Diſeaſe, where the patient is young, and the internal parts yet remain firm and uncorrupted, for when they are not managed with the utmoſt ſkill and caution, they will encreaſe the patient's weakneſs and aggravate the diſeaſe.

Sometimes, indeed, I have obſerved they promoted the ſecretion of urine, when *diuretics* failed, and in ſuch caſes, they may be continued with advantage, but after their operation, it will be proper to direct an infuſion of *Peruvian Bark* and ſpices, the better to ſtrengthen and brace up the weakened veſſels, as the water is drained off.

Such as are dropſical ſhould reſolutely abſtain from watery fluids, and quench their

their thirſt with orange juice, or ripe fruit. They ſhould confine themſelves to dry food, and uſe conſtant exerciſe, in high chalky, or gravelly ſituations, where the air is dry and pure.

Nitre ſhould frequently be given in ſuch broths as the patient may occaſionally take for nouriſhment; and Chryſtals of Tartar may be added to thoſe liquids which her immoderate thirſt requires. In cold habits, a little rum or French brandy may be taken in an infuſion of juniper berries; but although the quantity of her liquors can never be too ſmall, I would particularly recommend their *frequent change*, having obſerved that thoſe leaſt habitual to the conſtitution, ſooneſt paſs off by the urinary diſcharge.

From the uſe of the Diuretic Mixture, No. 56, which alſo operates by ſtool, I have known large quantities of water evacuated. Fixed Alkaline Salts, with Spices infuſed in rheniſh wine, are alſo ſafe

and effectual remedies for anſwering the ſame purpoſe; but ſo ſtrangely diverſified are the effects of different medicines, by different conſtitutions, that it is impoſſible preciſely to determine what they will be till after a fair trial.

From a ſteady compliance with *ſuch Regimen*, aſſiſted by the power of Medicines, many of the *dropſical might be perfectly cured*, who through indolence, or an extraordinary complaiſance to their palate, at laſt fall victims to the diſeaſe.

It ought to be remarked, that all ſuch medicines as are intended to promote urine, will operate beſt when the patient uſes exerciſe in the open air; it may always be looked upon as a bad ſign, where it cannot be brought to its natural quantity notwithſtanding their uſe.

However, people labouring under this diſeaſe ſhould not too haſtily be given over as incurable, ſince medicines ſometimes produce

duce very happy and extraordinary effects, and reſtore the patient, beyond all expectation, even in advanced age.

About eight years ago, I was deſired to viſit a Tradeſman in the *Strand*, who was *dropſical*. He had a ſlow fever, attended with unquenchable thirſt, a cough, and difficulty of breathing: His ſkin was extremely *yellow*, his legs, thighs and belly were much ſwelled, and his urine, which for a long time had been ſmall in quantity, was thick and high coloured like coffee-grounds. He had taken medicines for ſeveral weeks, but found himſelf no better, and was thought to be dying. I directed him *powdered Squills*, with Soap and Aromatics, to be given in pills twice a-day, with a cupful of *Apozem*, No. 57. He found very extraordinary and almoſt unexpected relief, made large quantities of water, the ſwelling of his belly, legs and thighs viſibly ſubſided, and the yellowneſs of his ſkin diſappeared. His thirſt, and cough abated, he breathed with more

more eaſe, and reſted at nights. He then took the *Peruvian Bark* with *Nitre*, and ſtrengthening medicines; in about three weeks he was perfectly cured, and ever ſince has remained well.

September, 1775, I attended Mrs. P. a Lady, in *Fludger-ſtreet*, Weſtminſter, aged ſixty-nine. Her breath was ſhort, the ſtomach hard, and her legs and thighs much ſwelled. Conſidering her advanced age, I had very little hopes of her recovery; but from the uſe of ſuch medicines as chiefly operated by urine, the ſwelling of her legs was reduced, and the difficulty of breathing which before had hindered her from ſleeping, was ſo much relieved that ſhe afterwards had natural reſt. I preſcribed a ſtrong decoction of *Bark* with ſpices, to warm and invigorate the weak bowels, by which method ſhe perfectly recovered, and at this time, A. D. 1780, is hearty and well.

But

But the moſt extraordinary cure in which medicines had no ſhare, was in the caſe of a lady from Lincolnſhire who applied to me in London ſome years ago. I was informed that after her return into the country, ſhe had been twice tapped and became ſo extremely weak as to be looked upon incurable. In taking the air ſhe was thrown with violence from her horſe, frighted by a covey of partridges ſpringing from under his feet. She was taken up, in a manner dead; but being carried home revived and voided ſuch incredible quantities of water by urine as entirely removed her diſeaſe.

As the water is gradually carried off, a broad flannel roller applied moderately tight round the body will afford relief, by diminiſhing its cavity, and reſiſting the future influx of water. A volatile liniment, rubbed in upon the belly once or twice a-day, will alſo correſpond with the ſame intention by invigorating the internal parts.

When

When the body becomes enormouſly enlarged, and all other methods have been tried in vain; *Tapping* is the laſt expedient to free it from a load of water and render the remains of life more tolerable; but unfortunately that operation ſeldom effects a cure; but on the contrary, the water is found to collect faſter after it than before.

The ANASARCA or diffuſed Dropſy, proceeds from water collected between the ſkin and fleſh, in that fine ſpungy ſubſtance every where inveſting the ſurface of the body; when the cells of this membrane are filled with fat, the ſkin is plump and ſmooth; but where that is wanting, it becomes looſe and wrinkled, as in people exhauſted by ſickneſs or old age.

This is the part which butchers ſo frequently blow up, to give their meat a finer appearance; but for obvious reaſons, it is a ſordid and odious cuſtom fitter to be allowed among *Hottentots* than a civilized people.

Thoſe

Thoſe recovering from tedious illneſs are moſt ſubject to this kind of dropſy; particularly if they keep late hours or repleniſh their weak veſſels too faſt by full diet. Expoſing the body to a ſtream of cold, damp, night air, or eaſterly winds, may alſo give riſe to this diſorder, by ſtopping perſpiration and confining the watery vapor under the ſkin; and which will be moſt likely to happen when the blood is poor, its circulation weak, and the body in a ſtate of reſt.

This complaint generally begins with a watery ſwelling in the feet and ancles, which retains the impreſſion of the finger, and increaſes towards night. By length of time it aſcends, overſpreads the ſurface of the body, rendering the ſkin numb and inſenſible, and if neglected, at laſt degenerates into a *Dropſy of the Belly*, which thus complicated, for the moſt part is incurable.

Under ſuch circumſtances it will be adviſeable to make *ſcarifications* thro' the ſkin,

on

on the inſide of the ancles or great toes, taking care to ſupport the ſtrength as the water drains off, and at the ſame time, to guard againſt a mortification of the ſcarified parts, by giving *Bark and Nitre*.

Since this diſeaſe generally ariſes from a ſtoppage of the pores; the moſt rational method of attempting its cure will be by *ſweating* in flannels; not by means of drinking hot liquors, but the exhibition of *Antimony* joined with *Opium*, as at No. 58. One of theſe powders may be given twice or thrice a-week going to bed, ſo as gently to raiſe *ſweat*, which may be ſupported by a ſpoonful or two of the julep, No. 59.

In due time, as the patient grows cool, her ſkin ſhould be rubbed with hot flannels, and afterwards dry linen may be put on. During the intervals, the body ſhould be ſtrengthened by *Peruvian Bark* with *Elixir of Vitriol*, *Steel* and *Exerciſe*; and if the internal parts are ſound, the *Cold Bath* will be the moſt likely remedy to prevent a relapſe.

A

A DROPSY OF THE WOMB may ariſe from any cauſe which cloſes its orifice, joined to a preternatural ſecretion of that fluid which moiſtens its internal ſurface. If the patient is arrived at years of maturity, the Periodical Diſcharge will alſo be retained, and occaſion a gradual ſwelling of the belly, creating a ſuſpicion of *Pregnancy*, with which this malady is ſometimes complicated.

The water is often contained in ſmall bladders connected with each other, like a bunch of grapes, which have one common ſtalk adhering to the womb. Theſe may proceed from fragments of the afterburden retained after delivery, or ſuch injuries as deſtroy the natural office of the womb.

The parts ſubſervient to the womb, viz. the *Ovaria* and thoſe *Tubes* or ſmall canals proceeding from it, are alſo ſometimes the ſeat of an *encyſted Dropſy*, from which the included water cannot be emptied, as when contained in the belly.

That

That Dropſy which is confined to the cavity of the womb, may be cured by the introduction of ſuch a *Canula* or proper tube as will keep its orifice dilated, and allow the contained water to eſcape. The ſecretion of urine ſhould at the ſame time be promoted, and all poſſible means uſed to prevent a relapſe. A mild, aſtringent injection may therefore be uſed twice a-day, to ſtrengthen the weakened veſſels; and the belly ſhould be bound with a flannel ſwathe moderately tight. The patient may alſo take an infuſion of *Peruvian Bark*, with *Bitters*, or *Elixir of Vitriol*, and uſe moderate exerciſe as her ſtrength will permit.

CORPULENCY implies ſuch a preternatural enlargement of the body, as renders it of an enormous ſize. It is ſometimes *hereditary*, or may be *acquired* by exceſs in diet, and want of ſufficient exerciſe to aſſiſt the vital powers in carrying on the natural diſcharges; hence from this diſproportion between the ſupplies, and excretions of the body

body, a load of juices will be accumulated which renders women corpulent, clogs the movements of life, and ſhortens its natural period.

The beſt means to remedy this inconvenience are chiefly in the patient's own power, eſpecially where *Corpulency* is not hereditary. She ſhould take *leſs Food*, and uſe *more Exerciſe*; the body ſhould be kept conſtantly laxative, and the ſecretions of *Perſpiration* and *Urine* promoted; the firſt may be effectually anſwered by frequent Exerciſe; the laſt by repeated doſes of *Vinegar of Squills*, in the quantity of half an ounce or more as the ſtomach will allow.

VEGETABLES ſhould conſtitute the principal part of her diet, among which *Acid Fruits* are proper. Fat, animal food is pernicious; ſhe ſhould avoid cold, moiſt air, and reſide as much as poſſible in high ſituations, where it is dry and pure.

CHAP. IV.

SECTION XIII.

Diſeaſes of the Skin, and Glands; or cancerous Swellings of the Face, Neck, and Breaſts.

DISEASES of the Skin particularly thoſe of the Face, being not a little diſtreſſing to women, it is requiſite to conſider their nature and treatment, together with ſuch *Glandular Diſorders* as frequently ariſe from ſimilar cauſes. I do not however mean to preſent the Female Reader with *Coſmetics* or beautifying waſhes, but rather to caution her againſt their indiſcriminate and improper uſe.

Breakings out on the Skin, were imputed by the ancients to a hot temperament of the

the liver; but waving ſuch vague opinions, we may affirm with practical certainty, that they are generally the conſequences of *latent Diſeaſes*: They alſo may ariſe from a defect in the natural diſcharges of the body; either of which will deſtroy the purity of the blood.

Sometimes they proceed from a particular fault in the fabric or texture of the ſkin, by which its juices are obſtructed, or changed from their ſound ſtate, by a vitiated diſpoſition of its veſſels or ſtrainers.

The firſt of theſe ſhould be regarded as a *general Diſorder* which can only be cured or ſafely treated by *gentle Evacuations*, and *ſuch Medicines as correct and ſweeten the blood*; together with Bliſters, Iſſues, and the like, which may aſſiſt in carrying off the offending humours. The laſt being a *local complaint* may be ſucceſsfully treated by external applications.

It requires however the utmoſt caution properly to diſtinguiſh the difference of ſuch

Maladies; ſince an error of judgment has been known to endanger the patient's life: If, for inſtance, thoſe impure juices, which Nature for her ſecurity had thrown out to the bodily ſurface are ſuddenly ſtopped, or driven back into the blood; *Sickneſs at Stomach, Giddineſs of the Head, Hyſterics,* and *Aſthma*, or even *Convulſions* and *Death* have ſometimes been the conſequence; according to the repeated teſtimony of medical writers.

Conſidering the frequency of *External Applications*, the nature of their compoſition, and little caution with which they are daily uſed, I have no doubt but many ſerious effects ariſe from them, greatly injurious to health, which are either concealed, or imputed to other cauſes.

In whatever ſhape Diſeaſes of the Skin appear; the ſymptoms which preceded or are ſubſequent, will beſt diſcover their true nature, and ſhew whether they ought to be treated by *internal or external Remedies.*

If

If the patient was ſickly and infirm, if ſhe labour'd under *Rheumatic Pains, or Complaints of the Head, Stomach,* or *Bowels,* before ſuch Inflammation or Erruptions, and of which ſhe is afterwards either relieved, or altogether free; theſe cutaneous breakings out ſhould then be deemed *truly critical,* or the ſalutary and effectual endeavour of Nature to purify the blood and relieve the conſtitution.

In ſuch caſes, no Medicines, or external Applications ought to be uſed, except thoſe which relax the ſkin, enlarge the pores, and correſpond with the intention of Nature. For this purpoſe, the *Warm Bath,* additional cloathing or fine flannels worn next the ſkin, and plentiful dilution with *Nitre,* will be proper. Should the *Eruption* ſuddenly diſappear, and the former ſymptoms return; *Antimonials* in ſmall quantities may then be adminiſtered; but ſuch powerful Medicines ought never to be directed without proper advice.

The

The medicated Juices, No. 60, taken twice a-day, by gently promoting the natural diſcharges of the body, will alſo be ſerviceable.

On the contrary, if the patient's habit of body is good, the periodical diſcharge regular, and the ſecretions of perſpiration, urine and ſtool, duly carried on; but particularly, if after the eruption, ſhe finds her health the ſame as before; then there is reaſon to conclude, that ſuch affections of the ſkin are only local, and therefore may be relieved by *external Applications*. However, where there is the leaſt probability of being miſtaken, it will be beſt to err on the ſafe ſide of the queſtion; *Nitrous Drinks*, and a doſe or two of gentle phyſic may therefore be adviſeable during their uſe.

I have before had occaſion to remark, that the *King's Evil*, *Scurvy*, or *Venereal Lues*, give riſe to many *chronic Diſorders*; which however different in appearance, from the difference

difference of age, conſtitution, or length of time, may yet be traced up to their original ſource, a *diſtempered Blood.*

Where the habit is ſtrong and vigorous, ſuch morbid humors are often thrown on the ſurface of the body, but when the powers of nature are languid, they are apt to fall on the *Head*, *Lungs*, *Stomach* or *Bowels*, producing diſorders peculiar to thoſe parts, which cannot be effectually removed, till the cauſe from which they originate is taken away.

Among Diſeaſes of the Skin none is more intolerable to women than a *red*, or *pimpled Face*; it not only deſtroys the beauty and delicacy of the fineſt features, but is generally imputed to a cauſe not very favourable to their ſex: However, it may be ſaid with great truth, that many who are extremely temperate, or even abſtemious, are notwithſtanding ſubject to this mortifying complaint.

If the *Redneſs* is unattended with eruptions, or ſharp humors, and only ariſes from hectic heats, or ſimple weakneſs of the blood veſſels, it may then be cured by gentle Evacuations, low Diet, the *Peruvian Bark*, and cold Bath. The Patient ſhould abſtain from wine, and drink *Imperial Water* at meals, which will keep her cool and laxative. New milk whey clarified, with the addition of *Honey*, and *Cryſtals of Tartar*, will make an elegant medicated drink, of which ſhe may take half a pint twice a-day, with great advantage.

But on the contrary, where the *Eruption* is manifeſtly owing to ſharp *ſcorbutic Salts* which fret and inflame the ſkin, or at laſt deſtroy its glands; it will then become an obſtinate complaint, and can only be cured by *evacuating the offending juices*; with ſuch diet and medicines as ſweeten the blood and render it more ſoft and balmy.

Here the uſe of repelling waſhes would be attended with the utmoſt danger, as ſeveral

veral inſtances might be adduced to prove that diſeaſes of the head and breaſt, *Blindneſs*, *Convulſions* and even *Madneſs* have been the conſequence of driving back offending humors on the Brain and Nerves.

In this place it will be proper to rectify a prevailing error reſpecting the uſe of that popular Remedy *Vegeto Mineral Water*, as well as all other preparations of *Lead*, in whatever ſhape or form. This application, in its own nature, an excellent one, by becoming general is often liable to abuſe. I have known one inſtance where applied, to great exceſs, it manifeſtly brought on a *mortification* of the part, by criſping up the veſſels and deadening their vital power.

In the diſperſion of hard tumors, it does not, like *Mercury*, act by diſſolving the ſtagnating, impacted fluid, as aſſerted by ſome, but produces its effect by bracing up the veſſels of the part, ſo as to repel their contents. How far it may be endowed with

with a *ſedative power*, I ſhall not take upon me to ſay.

GLANDULAR TUMORS or ſwellings on the face, neck, and breaſts often proceed from a *ſcrophulous Cauſe*; or from the relics of diſeaſes terminated by an *imperfect Criſis*; as that of the *Small Pox*, or other eruptive fevers of the malignant kind.

They do not, however, always imply a diſtemper'd blood; for ſometimes they are occaſioned by blows, or preſſure on the nerves and blood-veſſels; a ſtream of cold air admitted to the part, or acrid, external applications abſorb'd, and conveyed by the lymphatic veſſels to the contiguous gland.

Diſeaſes of the Glands, eſpecially thoſe of the *Neck* or *Face*, ſhould always be cautiouſly attended to in their very beginning, leſt they become *cancerous* and deſtroy the patient, or end in a collection of matter, and by breaking leave an *ugly ſcar*, which during life will carry with it the unwelcome appearance of the *Scrophula* or King's Evil.

That

That ſuch glandular ſwellings ſhould be owing to the ſeverity of cold, moiſt air, in parts of the body ſo much expoſed to its influence, is extremely probable; eſpecially ſince they generally appear in Winter and as far as I had opportunity of obſerving, are very uncommon in the dry, warm climates of *Italy* and *Portugal*.

Inhabitants of the *Alps*, indeed, eſpecially Women, are ſubject to an enormous ſwelling of the throat, called *Bronchocele* from its adhering to the upper part of the wind-pipe. Such tumors have generally been aſcribed to their drinking *Snow Water*, or the ſtony particles with which it is loaded; but more probably they are owing to the intenſe degree of cold which conſtringes the glandular ducts and locks up that fluid which ought to paſs freely thro' them; otherwiſe, why ſhould not glands in the arm-pits and other parts of the body be equally affected with thoſe of the throat?

When

When at *Piſo* in *Italy*, I remember to have ſeen a remarkable inſtance of the *Bronchocele* in the miſtreſs of the hotel: The tumor which was of extreme bulk hung down from under her chin and reſted upon her breaſt, yet to my ſurprize ſhe appeared perfectly chearful and in good health. Such tumors are not apt to become cancerous. Burnt *Spunge* has been accounted a ſpecific in this diſorder.

For a more particular and circumſtantial account of the nature and treatment of the maladies under conſideration, the Reader is referred to the Fifth Section of this work, on *Schirrous* and *Cancerous* tumors; I ſhall only here obſerve, that when *Glandular Swellings* are ſituated on the Neck or Face, they ought, in the winter ſeaſon, to be carefully defended from the cold air, by all poſſible means.

When they become painful and inflamed, no *Mercury* ſhould be internally given, or externally applied; nor ſhould they be tam-

per'd

per'd with by any thing elſe that has the leaſt tendency to irritate or diſturb them. The patient ſhould loſe blood at the arm, live on ſlender diet, and keep her bowels laxative; her pores ſhould be kept gently open by *nitrous Drinks*, and if neceſſary to mitigate pain or procure ſleep, ſhe may occaſionally take an *Opiate*.

I cannot conclude this ſubject without remarking the extraordinary *effects of Lightning* in diſperſing a ſchirrous tumor of the breaſt, in a gentlewoman, who from thence received a ſtroke as ſhe was ſtanding at a window obſerving a heavy thunder ſhower: The lightning ſet fire to the thatch of the houſe, at the ſame time, forced the chimney-piece from the wall, and raiſed the carpet from the floor.

This caſe was communicated by Dr. *Eaſon* of Dublin to Dr. *Duncan*, and appeared in the fourth Volume of the *Edinburgh Medical Commentary*: It deſerves the attention

attention of the curious, whether conſidered in a philoſophic or medical view.

By ſome *Experiments* made at *Upſal*, ſeveral years ago, it appear'd, that knots or *Ganglions* of the tendons were perfectly diſperſed by *Electricity*, which in its nature, as far as we know, is ſimilar to that of *Lightning*. In indurated, glandular ſwellings of the neck or breaſts, I would therefore recommend a trial of its effects, as ingeniouſly ſuggeſted by the author of the preceding, extraordinary caſe. Beſides, ſeveral modern inſtances have occurr'd, where *Electricity* has been found an effectual remedy in obſtinate obſtructions of the Menſes.

SECTION

SECTION XIV.

Influence of the Paſſions on the Body and Mind; and Effects of Climates, or ſudden Changes of Weather on delicate Conſtitutions.

IN the courſe of the preceding work, I have had frequent occaſion to remark the general influence of the paſſions, effects of weather, and the ſalutary power of freſh air, ſimple diet, and moderate exerciſe; but as I could not without tedious digreſſions, ſufficiently expatiate on their nature and manner of acting on the body and mind; ſeveral particulars *equally applicable, and eſſential to the health of both Sexes*, were reſerved for the ſubject of this, and the following ſection.

By the *Paſſions of the Mind*, is meant, thoſe faculties with which it is endowed, and when naturally exerted, conſtitute the very *Elements of Life*; but if perverted, or erring in extremes, become deſtructive to its

its exiſtence. Thus the extravagance of *Hope* may be exalted into enthuſiaſm little ſhort of madneſs; and exceſſive *Fear* may ſink into deſpair.

The human body is made up of ſuch frail materials, that they muſt neceſſarily decay, and often be put out of order. We are not only ſubject to pain and diſeaſes, but to irregularities of the paſſions, and influence of weather; all which affect the *ſpirits*, *intellect*, and *memory*, ſo as to render the ſame perſon very different at different times, in thinking, ſpeaking, and acting; as any one, who is not *robuſtly inſenſible*, muſt naturally diſcover from his own feelings.

Conſidering its admirable ſtructure, the number and exquiſite fineneſs of its movements, that in a healthy ſtate, all its parts muſt conſpire to perform their proper office, and that the leaſt failure occaſions ſome diſeaſe; it appears matter of aſtoniſhment that we are more than the tranſitory beings of a day.

The

The periods of human life diſtinguiſhed by *Youth*, *Maturity*, and *old Age*, are not inaptly compared to the ſeaſons of *Spring*, *Summer*, and *Winter*; each being attended with certain peculiarities which ſenſibly affect the conſtitution.

In *Youth* or the firſt ſtage of life, the circulating force of the blood being more than equal to the reſiſtance of its veſſels, the ſolids are thruſt out and extended in growth. After *Maturity*, the power of the ſolids and fluids continue nearly equal for ſeveral years, and this period conſtitutes the prime or ſummer of life. In the laſt, the quantity and circulating power of the blood is every day diminiſhing, and in time, overcome by the increaſing reſiſtance of the ſolids, which introduces *old Age*.

Every period has its attendant Diſorders; the firſt ſubjects the patient to *Fluxes of Blood* from the noſe or other parts, in conſequence of the ſtreſs laid upon the vaſcular ſyſtem. *Glandular complaints* and

eruptive fevers, as the *Small-Pox* and *Meaſles*, alſo at this time prevail.

In the ſecond, from a vigorous circulation and prevalence of the paſſions, the conſtitution is liable to *Pleuriſies*, *Inflammations of the Lungs*, and *Conſumption*; but where temperance is obſerved, and the vital parts are naturally ſound, this may be deemed the moſt healthy period of human life: It relieves, or cures ſome diſeaſes and occaſions few; for then *Scrophulous Complaints*, and habitual *Convulſions* have been known to diſappear.

In the laſt period, the limbs become contracted and paralytic; the ſight, hearing, and intellect are impaired, from a rigidity of the ſolids, and defect of circulation. The paſſions ſubſide, and every vital principle is at laſt extinguiſhed.

From what has preceded, it follows, that animal bodies continue to grow ſo long as the blood's circulating power is greater than the reſiſtance of its veſſels; and

when

when there is an exact balance between the two, animal growth will be totally at a ſtand. As age gradually hardens the veſſels, they are, at laſt an over-match for the force of the Heart; *old Age* commences, the circulation languiſhes, and at laſt the animal dies.

Perhaps, however, very few can properly be ſaid to die of mere old age; for even the life of *old Parr* might probably have been ſtill prolonged, had he not ſuddenly changed his air, and manner of living.

Here we may obſerve, that by a kind of *fatal Neceſſity*, animal bodies are worn out and deſtroyed by that very cauſe which conſtitutes the principles of life, namely, the circulating power of the blood; and conſequently, the number of years to which men may attain, will probably be in proportion to the *velocity of the Pulſe*; if ſo, it will then follow, that ſuch a particular ſtate of conſtitution as produces the greateſt degree of ſtrength and vigor in youth, is not

moſt likely to prolong life; but on the contrary, that thoſe of weak ſolids, and delicate habits in their earlier ſtate, grow old more ſlowly than others; and if the *Viſcera are ſound*, become for a time, more ſtrong and healthy from the very effect of age.

The gradual, and mechanical change thus produced by age, from infancy to the lateſt period of life, is continually introducing *a ſucceſſion of new ſenſations*, and conſequent ideas, which alter the bias, and diverſify the operations of the mind; totally aboliſhing ſome paſſions, and putting others in their place. Thus, vanity, indiſcretion, and the immoderate love of pleaſure, are the unripe product of youth; whilſt auſterity, ſcrupulous caution, avarice, and a contempt of pleaſure are the ſurly offſpring of old age.

"Behold the Child, by Nature's kindly law,
"Pleas'd with a rattle, tickled by a ſtraw:
"Some livelier play-thing gives his youth delight;
"A little louder, but as empty quite;

"Scarfs,

"Scarfs, Garters, Gold, amuſe his riper ſtage,
"And Beads and Prayer-books are the toys of age:
"Pleas'd with this bauble ſtill, as that before;
"'Till tir'd he ſleeps, and Life's poor play is o'er."

A. POPE.

Particular habits acquired by long cuſtom are alſo found inſenſibly to gain aſcendency over the moſt intelligent minds, and to produce very extraordinary effects, to the benefit or prejudice of health; as well as the moral or immoral tendency of the paſſions.

The Body and Mind are ſo diſpoſed by the Author of nature, that they cannot act ſeparately, but are mutually affected *by the ſole mediation of the Nerves*, from impreſſions alternately made on the one or other; ſo that the ſeveral paſſions can only produce their effects, whether good or bad, by *increaſing or diminiſhing the influence of theſe ſenſible organs on the bodily ſyſtem.*

When any injury is done to the brain or nerves by external violence, intoxication, or febrile delirium; the diſtinct exerciſe of

the mental faculties immediately vaniſh, and the whole animal machine is thrown into diſorder. On the contrary, although the bodily organs remain perfect and duly perform their functions; ſo powerful are the mental affections, that *extreme terror*, or *exceſſive joy* will ſuddenly diſconcert the animal œconomy, and ſometimes occaſion *faintings*, *convulſions*, or *death*.

This evidently ſhews, that many dangerous diſeaſes may be produced ſimply by impreſſions made on the nervous ſyſtem, without any morbid change of the blood, except what ariſes from the conſequence of ſuch external affections. It alſo appears, that thoſe remedies which act by ſtrengthning the bodily ſyſtem, of which the nerves make ſo conſiderable a part, are of all others the beſt adapted for the cure of their diſeaſes; but what relates to this circumſtance, as well as the power of *ſympathy* between the *corporeal* organs, and that *ſentient principle*

ciple which puts them in motion, I have already more particularly explained in treating of nervous Diſeaſes.

If from ſuch violent impreſſions the moſt fatal changes are produced; it muſt then be allowed that the *Regimen* or government of the paſſions is highly eſſential to health, and therefore properly becomes *an object of medical attention.*

The human mind is principally actuated by two different paſſions; the one elevates, winds up the ſpring of the nerves, and as it were lifts it above itſelf; ſuch are the effects of *Hope* and immoderate *Joy.* The other, as *Fear* and *Sorrow*, ſink it below its natural ſtandard.

Moſt of the ſubordinate Paſſions appear to be compounded of thoſe: Thus the paſſion of *Love* is made up by a conflict of the whole, as Hope and Fear, Grief or Joy, alternately prevail; and *Terror* is only a ſpecies of ſudden Fear impreſſed with the extremeſt violence.

Thoſe malignant feelings, or *Demons of the Mind*, for they deſerve not the name of Paſſions, *Envy*, *Hatred*, and *Revenge* require no attention. They ought to carry with them their own puniſhment, and Scorpion-like, ſting themſelves to death.

We ſhall here take a *contraſted view* of the ſeveral *diſſimilar Paſſions*, in order to ſhew their powerful influence on the bodily ſyſtem.

Hope, or expectation of approaching good, like a ſovereign balm, diffuſes gladneſs round the heart, and by acting gratefully on the Nerves increaſes their power on all the vital parts: It promotes a free circulation of blood, as well as the ſeveral ſecretions depending upon it; aſſiſts appetite and digeſtion, gives ſtrength and vigor to the limbs, renders the countenance chearful, and contributes univerſally to the preſervation of health.

Fear, or the dread of future ills, on the contrary, deadens the vital feeling of the Nerves,

Nerves, retards the blood's motion and diminiſhes perſpiration; it impairs appetite, depreſſes the ſpirits, and particularly diſpoſes the body to receive infectious diſeaſes.

Joy ariſes from the idea of preſent happineſs, or of having avoided ſome impending evil. This paſſion though nearly allied to *hope*, and when moderate, like it, contributes to health, has yet been found, when ſudden and exceſſive, to introduce a kind of torpor or palſy of the nerves; to ſuſpend the heart's motion, and deſtroy the patient by a fainting or *mortal ſyncope*. *Livius* the hiſtorian informs us, when *Hannibal* overcame the Romans at the battle of *Cannæ*, where fifty thouſand men were ſlain; that two women inſtantly expired with exceſs of joy, on ſeeing their ſons unexpectedly return, whom they had been inform'd were among the dead.

Sophocles being pronounced victor among the tragic, Grecian poets, was himſelf overcome

come by a tumult of joy, and forfeited his life to glory. Such alſo was the fate of the *Spartan Father* who died embracing his ſon when crowned with conqueſts at the olympic Games.

Sorrow implies ſome preſent calamity oppreſſive to the *Mind*: It is attended with univerſal languor, loſs of appetite and ſleep; giddineſs of the head, effuſion of tears, with faintings, and by weakening the ſpring of the Nerves, it ſuſpends their natural ſecretions. The pulſe loſes its uſual ſtrength, and reſpiration becomes ſo difficult, that the patient frequently ſighs to relieve himſelf of a load at the breaſt. Thus like a *Vulture* it inceſſantly preys upon the heart, and if not relieved by the *effect of time*, wears out the body and brings it to decay.

Terror is a ſpecies of extreme and ſudden fear, from the apprehenſion of inſtant danger. It acts upon the nervous ſyſtem with the velocity of electric fire, and ſo increaſes their

their influence on the body, as ſometimes to give it a degree of ſtrength and agility almoſt incredible; but when this momentary exertion is over, univerſal languor and faintneſs ſucceed.

In the time of ſurprize, the veſſels are ſtrongly contracted, and their blood impelled with ſuch violence, that recent wounds have been forced open and bled a-freſh, an inſtance of which I have ſeen. I alſo knew a lady much irritated and afterwards ſuddenly ſtruck with *Terror*, from a piſtol raſhly preſented to her breaſt, in whom the blood inſtantly guſhed from her noſe in great abundance.

So vaſt is the concuſſion given to the body, in ſuch caſes, as to alter the diſpoſition of its ſtrainers, to deſtroy the balſamic quality of milk in nurſes; and in others to *turn the Hair grey*; an inſtance of which happened not long ago at *Hatfield Peveril* in Eſſex, in a boy who narrowly eſcaped being drowned.

An

An ague, palſy, and fits of gout have ſometimes been baniſhed from the like cauſe; and the ſudden out-cry of fire in the dead of night, has been known to reſtore the limbs in thoſe lame and bed-ridden for many years. However ſtrange it may appear, hiſtory informs us, that the ſon of *Cræſus*, who before had been *dumb*, when he ſaw the King his Father about to be ſlain in battle by an uplifted ſword, cried out with vehemence, *Soldier, hold thy hand, thou kil'ſt the King!*

Theſe are the formidable effects of *terror*, and if there are inſtances of their curing ſome diſeaſes, many more might be mentioned to ſhew their fatal power, by producing *apoplexy*, *convulſions*, or *death*.

Anger, or a ſenſe of injury ſuſtained, produces effects ſomewhat ſimilar to *terror*, but not in ſo violent a degree. When this paſſion is attended with *revenge*, the heart palpitates, the hand trembles, the eyes flaſh with rage, and the countenance alternately becomes red and pale.

Nothing

Nothing however is more falſe and inconſiſtent with the philoſophy of the paſſions than the general opinion that *paleneſs* always indicates *revenge*, for it is as frequently occaſioned by *fear*, *exceſſive joy*, or exquiſite ſenſibility, as from that diabolical feeling; and it would be eaſy to prove that the ſame cauſe which creates paleneſs of the face, at one time, might in the very ſame perſon, occaſion it to become florid at another, according to the degree of ſtrength or weakneſs then prevailing in the body.

Anger has been obſerved to occaſion profuſion of *Bile* with *ſickneſs*, *vomitings* and pain in the bowels. In thoſe of plethoric conſtitutions, it has produced *Apoplexy*, *Delirium* or *Madneſs*; but on the contrary, ſuch as were of a cold, phlegmatic temperament and ſubject to *melancholy*, *dropſy*, or *intermittent fevers*, have ſometimes been remarkably relieved by its effects.

The paſſion of *Love*, of all others, is moſt difficult to be defined; ſo various are its

its affections and invincible is its power, according to age, ſex and temperament; or as it is attended by Hope, and Fear, Grief or Joy. Whilſt one pines in ſilence and ſits "like *Patience* on a monument, ſmiling "at Grief," another becomes frantic, and deſpairing of what alone could make life deſirable, is driven to *ſuicide* and ſeeks refuge in the grave!

Love, like the infant bloſſom of the ſpring foſtered by the genial ray, is nurſed by indulgence; but cold indifference or neglect blaſt the promiſed fruit, and chill it to death.

Many inſtances have occurred, where thoſe affected by this bewitching paſſion, have become *epileptic* and *hyſterical*, or fell into a *nervous fever*, *conſumption*, or *melancholy*; and I have known ſome caſes where theſe diſeaſes, thus introduced, became *mortal* in the concluſion.

In *mutual Love*, when Hope preſents her nectar'd cup, 'tis replete with more than the ſweets of *Hybla*: Bleſs'd infatuation, ſupreme

preme tranſport, too exquiſite for mortal ſenſe—a banquet for the Gods!

" Bleſt as th' immortal Gods, is he,
" The youth that fondly ſits by thee;
" And ſees, and hears thee, all the while,
" Softly ſpeak, and ſweetly ſmile.

" 'Twas this depriv'd my ſoul of reſt,
" And rais'd ſuch tumults in my breaſt;
" For while I gaz'd in tranſports toſt,
" My breath was gone, my voice was loſt.

" My boſom glow'd, a ſudden flame
" Ran quick thro' all my vital frame;
" O'er my dim eyes a darkneſs hung;
" My ears with hollow murmurs rung.

" In dewy damps my limbs were chill'd,
" My blood with gentle horrors thrill'd;
" My feeble pulſe forgot to play,
" I fainted, ſunk, and died way."

But when *Deſpair*, accompanied with his ſad, and ſickly train of jealouſies, doubts, and fears, adminiſters his ebon chalice; beware the taſte—'tis nauſeous as the dregs of gall, and fraught with Adder's poiſon!

If ſuch are the injuries brought on the conſtitution by irregularity and exceſs of the

the paſſions; how much ſhould it be the care of rational beings to guard againſt their inſults, and oppoſe their malignant influence with virtuous and becoming reſolution?

Happineſs and *Miſery* are the lights and ſhades which fill up the outlines in the *portrait* of human life. Every man naturally endeavours to attain one, and avoid the other, but by very different means, and often diſproportioned to that end.

We frequently deceive ourſelves in the purſuit and enjoyment of our wiſhes. Extravagance of hope ends in diſappointment, and even a ſeries of pleaſurable events, at laſt loſe their power. To give them true reliſh, and make them laſting, the mind muſt refer to ſome former, painful ſenſation.

Thus a perſon who always poſſeſſed health, is ſcarcely ſenſible of its value; but when loſt, let it again return, and he will bleſs the means which reſtored it. None enjoy riches ſo much as thoſe who have been at great pains to attain them, and have taſted the

the bitterneſs of want. He who was always affluent, has no competent idea of former indigence, to contraſt ſuch a ſtate and exalt his preſent enjoyment.

——————" For it ſo falls out,
" That what we have, we prize not to the worth
" While we enjoy it; but being lack'd and loſt,
" Why, then we rack the value; then we find
" The virtue that poſſeſſion would not ſhew us
" Whilſt it was ours". —— SHAKSPEARE.

Were our pleaſures too exquiſite and laſting, they would wear out the body before its time. Every extreme therefore, happily corrects itſelf, and every evil works its own cure.

If the violent paſſions harrow up the ſoul, and diſturb its union with the body; a conſcience pure, and uncorrupted, the ineſtimable reward of virtue, will beſt reconcile them to each other and cauſe them to dwell in harmony: That will always ſpeak peace to the mind, whatever the world may ſay, and ſhield it from the malignant attacks of ſlander and abuſe.

" He that has light within his own clear breaſt
" May ſit i' th' center, and enjoy bright day;
" But he that hides a dark ſoul, and foul thoughts,
" Benighted walks under the mid-day ſun;
" Himſelf is his own dungeon."

MILTON.

Whoever is too ſolicitous about cenſure, fame or the poſſeſſion of temporal enjoyments, will ſeldom find repoſe: An ungracious look from his ſuperiors, or unmerited inſolence from thoſe below him will vex and diſcompoſe him. If he is ambitious, he muſt feel the bitterneſs of diſappointment; if anxious for long life, a coffin or ſhroud, the apparatus of Death, will alarm and appal his ſenſes; while he who beholds thoſe mortal calamities with a philoſophic eye; who is neither weary of living, or afraid to die, will find in himſelf inexpreſſible calm and repoſe.

In a word, the *Government of the Paſſions* is as eſſential towards preventing diſeaſes of the

the mind, as *Temperance* contributes to hinder them from attacking the body.

That man ought to be deemed richeſt, who is happieſt; and he is moſt likely to become ſo, who, with a virtuous reſignation is prepared for the unavoidable evils which fleſh is heir to; who expoſtulates with the folly and extravagance of his own deſires, and although a hard taſk, at laſt convinces himſelf that what he likes beſt, is not always beſt for him; who preſerves a decent equality of mind, is not arrogantly elated with the deluſive ſmiles of *Proſperity*, nor ſervily caſt down by the ſurly viſage of *Misfortune*.

The different ſeaſons of Spring, Summer and Winter, have alſo a manifeſt influence on the body and mind. In Spring, animal, as well as vegetable bodies experience a kind of reſuſcitation; the nerves are invigorated, and pleaſurable feelings irradiate the body and mind; but when the autumnal leaves begin to fall, they are overſhaddow'd by melancholy gloom

and all their dilectable ſenſations are chilled and reverſed. The celebrated poet *Milton* was a remarkable inſtance of the truth of this aſſertion; for we are told, his fancy made the moſt elevated flights in the Spring. His imagination in ſeveral parts of his *Il Penſeroſo*, *L' Allegro*, and *Maſk of Comus*, are fraught with celeſtial fire; whilſt at other times he ſcarcely comes up to cold mediocrity.

Another cauſe of *morbid change* in human bodies ariſes from the noxious qualities of air peculiar to certain ſituations tending to produce diſeaſes called *endemial*, as *Agues* and *Dropſies*; or ſuch as prevail with violence at particular ſeaſons, namely, the *Influenza*, *malignant Fever*, or *Plague*, which are termed *epidemical*.

It will not here be requiſite to call in the aſſiſtance of *Phyſic* or *Philoſophy*, to prove the effects of different climates, and alterations of weather on human bodies, eſpecially in thoſe who are delicate and infirm. The great difference experienced by our

feelings,

feelings, from ſudden changes of the atmoſphere, even in the ſpace of a ſingle day, or hour, will more powerfully confirm the reality of ſuch effects than all the reaſoning in the world.

Popular Diſeaſes, as well as bodily habit, and natural temperament in people of different nations chiefly depend on particular ſituations occaſioned by the ſoil, air and water peculiar to each.

We know that tranſplantation changes both the ſhape and quality of ſome *vegetables*, and that particular *animals* loſe their native temper when tranſported to other countries. The phlegmatic diſpoſition of a *Dutchman*, or half frozen, inſenſible conſtitution of a *Laplander* might be thawed, and mellowed down into more pleaſurable feelings, by the warm, delightful climates of *Italy* or ſouth of *France*,

Influenced and animated by the air, and manner of living prevailing among the natives, he would, like them, delight in mirth,

in muſic and ſociety; and from the ſame cauſe, an Engliſhman, at Paris, would perhaps be more than equal in vivacity to a Frenchman in London. Men would not therefore pertly preſume on the ſuperior excellence of their bodily, or mental faculties, did they only conſider how accidentally they came by them.

Inſtead of accounting for many diſeaſes, on ſuch principles, and applying remedies ſuitable to their cure; namely, thoſe which may be taken from the regimen of *Air*, *Diet* and *Exerciſe*, aſſiſted by *ſimple Medicines*; it has been the cuſtom, to impute diſeaſes to occult qualities, or look at a great diſtance for their cauſes; as well as to ranſack the eaſt and weſt Indies for expenſive medicines, whilſt nature has preſented us with innumerable vegetables equally ſalutary at home, growing in gardens, or negligently trodden under our feet in the open fields, whoſe virtues are inſufficiently attended to, and whoſe only fault is, their being too cheap and eaſily obtained. Very

Very conſiderable changes on animal bodies are likewiſe produced from the mediation of the atmoſphere, by the *Sun* and *Moon*, according to Dr. *Mead*, who has profeſſedly treated on their influence.

Sir *Iſaac Newton*, whoſe illuſtrious name will be revered through the world, to the end of time, has clearly demonſtrated how, by the united and ſeparate force of the *Sun* and *Moon* all the varieties of the tides may be accounted for. The waters of the ocean, and air of our earth are fluids ſubject, in degree, to the ſame laws of motion; and if the ſea is agitated by the influence of thoſe planets, ſo likewiſe will that ocean of air ſurrounding the earth be elevated to a conſiderable height by their attraction; eſpecially, when they arrive at its *meridian*.

Agreeable to this obſervation, *Seamen*, *Shepherds*, and thoſe whoſe intereſt is connected with changes of weather, and conſtantly reſide in the open air, obſerve there is generally a breeze of wind about *Mid-*

day and *Mid-night*, although the atmoſphere before that time had been ſtill and calm.

By this ebbing and flowing of the ſea, and air; winds and tides are produced, which agitate and preſerve thoſe fluids in their original purity, without which we could not exiſt.

The changes of air at *New* and *Full Moon*, eſpecially a little before the *Vernal*, or after *Autumnal Equinoxes* have conſiderable influence on the health of all animal bodies. At this time, ſtorms and tempeſts generally prevail; the air is rendered too light, and being inſufficient to blow up the lungs, the blood cannot paſs freely through them; hence difficulty of breathing, and palpitation of the heart, attended with ſleepineſs and oppreſſion.

Beſides this cauſe of variation in the conſtitution, there is another equally prevalent, *viz.* a conſiderable quantity of air is contained in our blood, which is expanded by *Heat*, and condenſed by *Cold*. This air will always

always preſerve an equal ballance with that preſſing on the ſurface of our bodies. In ſummer the veins are large and tumid, in winter ſmall and contracted; and this can only happen by the contain'd air in the blood, taking up a larger, or ſmaller ſpace, according to the degree of heat exiſting in the body; for the quantity of blood, at both ſeaſons, is preciſely the ſame.

Farther to illuſtrate this matter from bodily feelings; let thoſe of weak habits, and great nervous ſenſibility, recollect how they have been affected before a Thunder-Storm, independent of fear, when the *Air* is rarified and rendered preternaturally light, to an uncommon degree; and how immediately they find relief by the ſudden deluge of rain falling ſoon after, which, by cooling and condenſing the air, gives it ſufficient weight to counteract and repreſs the internal air, as well as more effectually to blow up the lungs.

In this conflict of the atmoſphere, when the air is over-heated, they are not only half ſuffocated, like fiſhes out of water, and brought from a heavy, into a lighter element; but are ſometimes ſeized with head-aches, vomitings, or bleeding at the noſe, and univerſal tremor, from the *ſudden Expanſion of the Air in the Blood*, and the uncommon ſtreſs from thence laid on the vaſcular and nervous ſyſtem.

Thus animals die in the exhauſted receiver of the air-pump, for two reaſons; firſt, becauſe they cannot exiſt when deprived of air, the motion of their lungs being then ſhut up; next, becauſe the blood-veſſels will be torn aſunder by the expanſion of the included air, when the counter-preſſure of the ſurrounding air is taken away. In conſequence of the ſame cauſe, a withered apple placed in the exauſted receiver, becomes plump and freſh like one juſt plucked from the tree.

It appears by experiments, that animals in the exhauſted receiver of the air-pump, are ſenſibly relieved by *voiding particles of air* from the ſurface of their bodies. In order, therefore, to reſtore that ballance between the external and internal air ſo eſſential to the well-doing of ſuch bodies; it is extremely probable, there is a free communication between them; *viz.* when the external air is light, a certain quantity of internal air eſcapes through the pores, leſt it ſhould burſt the veſſels, for want of ſufficient counter-preſſure from the outward air; and, on the contrary, when the external air ſuddenly becomes too heavy, part of it inſinuates itſelf into the blood, to preſerve a due ballance, and leſt the body by ſuſtaining an uncommon outward preſſure ſhould be deſtroyed.

This property of diſcharging Air from *vegetable bodies*, and abſorbing it again, has been demonſtrated by Dr. *Hales*; and I ſee no reaſon why it may not be ſo in animals; for

for if it had not admiſſion into, as well as out of the body, by its ſeveral pores; the ballance between the external and internal air could not be ſo ſoon reſtored.

In warm, damp weather, before rain, when mercury in the *Barometer* falls; thoſe of delicate habits perceive an unpleaſurable ſenſation; the body is indolent, and the mental faculties leſs acute. The fleſh is perceived to bloat and ſwell; they have aches and pains in different parts, pinchings in the bowels, and ſometimes a diarrhæa. They complain that the weather is dull and *air heavy*; whereas it is juſt the contrary; for the air having now loſt its *natural gravity*, produces a ſenſe of weight and oppreſſion in the body; ſo that we fall into an *error*, by applying that to the air, which is only the reſult of our own feelings, from its undue external preſſure.

Before rain, nervous influence is conſiderably weakened; the body is liſtleſs and inactive, and the ſkin contiguous

to

to old ſores which had been healed, becomes livid, from a ſtagnation of blood in the cutaneous veſſels.

Exerciſe is the beſt preſervative againſt the malignant influence of weather; for by promoting a free diſtribution of blood, and increaſing perſpiration, the bowels and internal parts will be relieved from a load of obſtructed humors, which would otherwiſe be turned upon them.

The relief perceived by an *eſcape of Air* from the body, when its veſſels are full and turgid, manifeſtly point out the advantage of the cold bath, low diet and cooling regimen, with the uſe of *Peruvian Bark* and *Acids*; and alſo ſhew, why an increaſe of *Perſpiration*, as well as all the natural diſcharges, will at ſuch times become beneficial.

The air on the tops of very high mountains being too thin and light, occaſions difficulty of breathing and ſometimes the burſting of blood-veſſels in the lungs or weaker

weaker *Viſcera*; eſpecially when violent efforts of body in gaining thoſe vaſt heights are ſuperadded. This ought to be a caution to thoſe, who in the eager purſuit of pleaſure and fine proſpects, might, otherwiſe, be forgetful of their own ſafety.

In aſcending that beautiful and immenſe mountain the *Wreken* in *Shropſhire*, I was ſorry to want a *Barometer*, by which more fully to aſcertain this matter; for the lightneſs and weight of air may be accurately determined by the falling or aſcent of Mercury in the tube.

From what has been ſaid, it follows, that when the natural ballance between external and internal air is deſtroyed in the human body, many temporary changes muſt happen, according to various alterations of weather, the moiſture or dryneſs of the atmoſphere, and its degrees of heat and cold, which will create unpleaſurable ſenſations hardly to be deſcribed.

When

When the weather is intenſely cold, the weight of external air preſſing on the bodily ſurface may compreſs and overpower that within, and ſo repel blood to the *Heart* and *Brain* as to occaſion ſleepineſs, ſtupor, and death, by a total ſtagnation; as hath frequently been obſerved in climates uncommonly ſevere; and more particularly where the elaſtic force of internal air is leſſened by a ſcorbutic habit, or other putrid diſeaſes. The reaſon why moſt people ſleep better in the country ſeems chiefly owing to the freſhneſs and greater gravity of the air acting externally on the body.

Many curious inſtances might here be brought to ſhew the remarkable effects of *Lunar Influence* in diſeaſes of the brain and nerves. *Epileptic Fits* moſt frequently occur at *New* and *Full Moon*; and madmen are then more violently affected with frantic ravings.

Periodical

Periodical head-aches, as well as *fluxes of blood* from the noſe, lungs, or other weak parts, alſo happen more uniformly at this time than any other, eſpecially about the *Equinoxes*, when the influence of this planet is conſiderably increaſed; or where other accidental cauſes concur; as the violence of paſſion, ſummer heats, the uſe of mercury, or immoderate exerciſe; all which lay an additional ſtreſs on the blood-veſſels. Hence alſo *Apoplexy*, or other violent diſeaſes, which probably might have been prevented by *bleeding*, *evacuations*, and a *cooling*, *ſpare diet*.

Dr. *Mead* mentions ſeveral patients, in whom the epileptic fit returned regularly at *New* and *Full Moon*; particularly, in a girl, which afterwards kept its periods regularly with the *Tides*. Dr. *Pitcairn* alſo ſpeaks of a violent convulſion of the arm returning periodically twice a-year, *viz.* in *March* and *September* at *full Moon*, near the vernal and autumnal Equinoxes.

The

The *Equinoxes* are particularly unfavorable to the unhealthy and conſumptive: At this time, according to *Sanctorius*, the vital powers of the body are uncommonly languid, and all its natural diſcharges ſuſpended, eſpecially that of *Perſpiration*. Irregularities of the paſſions, errors in diet, or other cauſes then concurring have therefore been obſerved to produce dangerous diſeaſes.

More people die in *March* and *October* than in any other two months during the year; the principal reaſon of this extraordinary mortality ſeems owing to ſudden changes of weather at thoſe ſeaſons. The ſolids cannot without violence and pain, accommodate themſelves to the quick tranſitions in the temperament of air, from one extreme to another.

At all times, when the atmoſphere is moiſt and light, or abounds with noxious vapors; it will be proper to avoid the

morning and evening air; the firſt is cold, and unfriendly; the laſt replete with damps which in ſome particular mineral ſoils, or near ſtagnating, putrid waters, are loaden with baneful qualities. At ſuch times it will alſo be eligible for the weak and valitudinary to retire from low ſituations, for thoſe more dry and elevated, which are fann'd by freſh breezes, and to uſe exerciſe which will give ſtrength and vigor to the conſtitution.

Changes of air, as to its *gravity* and *lightneſs*, or the degrees of *heat* and *cold*, *moiſture* and *dryneſs*, may all be known from thoſe elegant and uſeful inſtruments the *Barometer*, *Thermometer*, and *Hygrometer*; from which many uſeful indications may be taken, relative to the preſervation of health.

Other planets of the firſt magnitude, as well as the *Sun* and *Moon*, influence the human ſyſtem not in any ſupernatural or

incomprehenſible manner, but ſolely by the mediation of our atmoſphere, conformable to the ſtated and univerſal law of nature.

F. Hoffman, who regularly kept a *Journal of the Weather* for ten years; and whoſe integrity was equal to his medical knowledge, ſolemnly aſſerts, that very great and remarkable changes of the air were brought about by the appearance of the larger Planets; for which, as well as the whole of what has preceded, I would make the following deductions, *viz.* That the *Planets* influence the atmoſphere, which in its turn produces manifeſt changes in the human body; that the diſpoſition of the bodily organs communicates correſponding changes to the mind, and that the mind is the principal agent which governs and directs the moral conduct of men, upon the propriety of which, their proſperity chiefly depends.

In this frail and tranſient ſtate, the human ſyſtem is ſubject to an *inclement atmoſphere* without, and the *violent Paſſions* within; it may ſuffer from *Intemperance*, the *advance of Age*, and prevalence of *injurious Habits*, ſo as to render it more inſtable than the *Weather Glaſs*, and in a perpetual ſtate of change, from the cradle to the grave.

Well may human life, thus ſurrounded and aſſail'd by a train of unavoidable calamities, be compared to a *fleeting Shadow* which never continues in one ſtay: Like the unballaſted bark in a troubled ocean, it becomes the ſport of winds and tides, and without the aid of *Religion*, *Reaſon*, and *Philoſophy*, is in continual danger of being ſwallowed up and loſt!

I cannot better conclude this Section on the influence of the paſſions, and inſtability of human life, than in the words of that divine, and ever-living Bard, *Shakſpeare*

peare who thus holds up the mirror to the face of Nature.

——————" Reaſon thus with Life;
" If I do loſe thee, I loſe a thing
" That none but fools would reck; a breath thou art,
" Servile to all the *ſkyey Influences*;
" That do this habitation, where thou keep'ſt,
" Hourly afflict; merely, thou art Death's fool;
" For him thou labour'ſt by thy flight to ſhun,
" And yet run'ſt tow'rd him ſtill. Thou art not noble;
" For all th' accommodations that thou bear'ſt
" Are nurs'd by baſeneſs. Thou art by no means valiant;
" For thou doſt fear the ſoft and tender fork
" Of a poor worm. Thy beſt of reſt is Sleep,
" And that thou oft provok'ſt, yet groſly fear'ſt
" Thy Death, which is no more. Thou'rt not thyſelf;
" For thou exiſt'ſt on many a thouſand grains,
" That iſſue out of duſt. Happy thou art not;
" For what thou haſt not, ſtill thou ſtriv'ſt to get;
" And what thou haſt, forgetteſt. Thou art not certain;
" For thy Complexion *ſhifts to ſtrange effects*,
" *After the Moon*. If thou art rich, thou'rt poor;
" For, like an Aſs, whoſe back with Ingots bows,
" Thou bear'ſt thy heavy Riches but a journey,
" And Death unloads thee. Friend thou haſt none,
" For thine own bowels, which do call thee Sire,
" The mere effuſion of thy proper loins,
" Do curſe the *Gout*, *Serpigo*, and the *Rheum*,

" For

" For ending thee no ſooner. Thou haſt nor
youth, nor age;
" But as it were an after-dinner's-ſleep,
" Dreaming on both; for all thy bleſſed youth
" Becomes as aged, and doth beg the Alms
" Of palſied Eld; and when thou'rt old and rich,
" Thou'ſt neither heat, affection, limb, nor beauty,
" To make thy riches pleaſant!"

SECTION

SECTION XV.

The Salutary Power of Air, Diet, Exercise, and Simple Medicines, in the Prevention, and Cure of Chronic Diseases.

WE shall now proceed more particularly to consider the nature and qualities of *Air*, *Diet* and *Exercise*, as well as their salutary effects in the prevention and cure of *Chronic Diseases in both sexes*; especially when assisted by mild and *simple Medicines*.

Fresh, *pure Air* is more essential to life, even than food taken into the body for its subsistence; for animals will live a long time without nourishment, but when depriv'd of air, they perish in a few moments.

It is not necessary to enter into a minute disquisition of all the properties of air: Its lightness, and gravity; its compressibility, and power to expand, have all been accu-

rately deſcribed by natural Philoſophers, and ſatisfactorily demonſtrated on the *Air-Pump* and *Barometer*.

This element is always found to partake of the nature of the neighbouring *ſoil* and *water*, and is more or leſs healthy according to the ſituation of particular places. The human conſtitution will therefore be variouſly affected by its qualities, whether good or bad; for it is not only continually taken into the lungs by breathing, and largely mixed with our food, ſo as to make a part of the animal ſyſtem, but is alſo continually preſſing on the ſurface of our bodies, according to its different degrees of gravity.

The ſteam proceeding from freſh, pure earth turned up by the plough or ſpade, has been found extremely refreſhing to thoſe of weak lungs, and conſumptive habits; and on the contrary, mineral exhalations where mines abound, have been obſerved to blight the contiguous graſs and vegetables; conſequently, it muſt be highly noxious to animal bodies.

Of

Of all metallic ſubſtances, that we know, *Iron* ſeems the leaſt injurious to *vegetable* or *animal Bodies*, for it enters largely into the compoſition of the firſt, and the laſt contain a ſmall quantity of it, as appears by the attraction of the load-ſtone, when applied to their aſhes.

Some liquors can only be *brewed* to perfection in particular places, which local peculiarity equally contributes to the production of bright and vivid colours, in the art of *dying*; and even the high temper of Steel derives much of its excellence from the qualities of *Air* and *Water* in certain places.

It is not leſs extraordinary, that liquors in a ſtate of fermentation, are immediately turned ſour from the ſulphureous effluvia with which the air is impregnated by *Lightning*; and if ſuch are the effects of air on fluids in general, we need not wonder that, by altering the blood and juices, they ſhould become the *cauſe* or *cure of diſeaſes*.

By

By *pure Air* is meant, that perfectly free from the noxious effluvia of *Metals*, and corrupted ſteams of *vegetable* or *animal* bodies; and that which is neither too *hot* or *cold*, *moiſt* or *dry*, may properly be called a *temperate air*. The immenſe body of this element, by the effects of heat and cold, is alternately expanded and condenſed, ſo as to keep it in continual agitation, by which its purity is providentially preſerved. Hence the great unwholſomeneſs of ſudden calms or heavy rains, after long droughts, as thoſe called *Monſoons*; and of a ſudden thaw after ſevere froſts; for then, colds, ſore throats, fluxes of the belly, and diſeaſes of the putrid kind are known to prevail with great violence.

In the laſt ſection, and in treating of conſumptions, I have remarked that the air of particular places has pernicious effects on animal bodies; on the contrary, it cannot be doubted, but that which is *temperate* and

pure,

pure, muſt contribute to the preſervation and recovery of health.

The qualities of *Dew*, which is nothing but water impregnated with ſuch *animal*, *mineral* or *vegetable* ſubſtances as ariſe in vapor from the earth, afford the beſt means of aſcertaining the *local Purity of Air, and Water*; joined to the cuſtomary *Longivity* of the inhabitants in ſuch places.

This is a circumſtance of the utmoſt importance to thoſe who propoſe raiſing buildings where they mean to reſide, which however magnificent, will afford little enjoyment to the poſſeſſor, if health, the principle ſource of happineſs is taken away.

Rich ſoils lying low, and near the marſhy banks of lakes, or large rivers, expoſed to the Sun's heat or ſouth-weſt winds, are extremely unwholeſome; the air of ſuch places being damp and loaded with corrupted ſteams of animal and vegetable bodies, which there rot and are diſſipated in putrid vapor. Such ſituations will diſ-

poſe

poſe the body to a lax, bloated, ſcorbutic habit; to nervous diſorders, agues, a dropſy, conſumption, fluxes, and putrid fevers. As *Milk* is ſoon turned ſour, and vegetable infuſions preſently become ſtale and muſty, in a warm impure air; ſo the animal fluids may be corrupted from the like cauſe.

Thus Air replete with the ſtench of dead whales, ſwarms of locuſts, or human bodies remaining long unburied on the field of battle, have been known to produce the *Peſtilence*; which ſhews the neceſſity of excluding *all burial grounds from great cities*, where the dead would become offenſive to the living. The overflowing of the *Nile*, ſucceeded by hot weather and ſoutherly winds, generally brings the *Plague*. The air of *Rome*, *Piſa*, and *Amſterdam* is extremely unhealthy at particular ſeaſons; and ſickneſs, or health among the inhabitants of *Egypt* keep regular periods with the winds.

The beſt *Preſervative* againſt putrid diſeaſes of every kind, are *Peruvian Bark* and *Acids*,

Acids, with a *Vegetable Diet*; taking care at the ſame time to promote the ſecretions of perſpiration, urine, and ſtool. A decoction of tamarinds with cream of tartar, may frequently be taken to keep the body laxative; and to promote urine, or perſpiration, nothing will exceed the good effects of *Nitre*, and *Mindererus's Spirit*, or *camphorated Vinegar*. On ſuch occaſions *Old Hock*, *Rheniſh*, or *Madeira*, are preferable to all other wines.

Elevated ſituations in chalky or gravelly ſoils, open to the eaſt or north winds and near the rocky banks of pure, running ſtreams, however ſevere the air may be, are by far the moſt healthy in autumn, or the heat of ſummer; for the inhabitants of high lands are obſerved to be more alert and ſtrong than thoſe reſiding in valies, where the air is moiſt and mild. In the firſt it braces and invigorates the body; in the laſt, relaxes and deadens its vital power.

For,

For, the ſame reaſon, heaths, and open commons overſpread with ſweet ſmelling ſhrubs, where the air is freſh, dry, and as it were *medicated*, are generally found to be healthy; but in wood-land incloſures, where it is damp and confined, complaints of the bowels, rheumatiſms, agues, and dropſies frequently prevail.

Air has a diſſolving power upon Water, which is conſiderably increaſed by *heat*; and this is the reaſon why ſouth or weſtern breezes, which blow over thoſe immenſe tracts of water, the *Mediterranean* and *Atlantic Oceans*, are replete with moiſture; and conſequently relax and weaken the body.

Moiſture or *Water, thus combined with warm Air* is rendered viſible, when condenſed into drops on the ſurface of bedchamber windows, by the ſudden acceſſion of external cold; and fogs are nothing but water decompoſed or ſeparated from the air which diſſolved it.

As

As *Vegetables* cannot grow without air; ſo neither can *Fermentation* go on, or that proceſs of kindling up the ſparks of *animal life* in hatching eggs be compleated without it. I have elſewhere obſerved, that living creatures cannot long ſurvive, or *Flame* ſubſiſt, without a conſtant ſupply of freſh air, which therefore may properly be ſaid to contain an *enlivening ſpirit*.

If, for inſtance, a lighted taper is put under a bell-glaſs ſo cloſely fixed as totally to exclude the outward air, the flame will continue a longer or ſhorter time, in proportion to the quantity of air contained; and it may be obſerved gradually to burn more languidly as the vivifying ſpirit of air is deſtroyed or exhauſted; till at laſt the flame is totally extinguiſhed, altho' the taper is not burnt out.

Juſt ſo this *Element* contributes to feed the *Lamp of Life*; and when its natural

qualities

qualities are deſtroyed by the breath and perſpirable matter exhaling from animal bodies, it becomes highly pernicious, and deſtructive to health. Hence may be ſeen the neceſſity of avoiding warm, moiſt, confined air; the great advantage of ſleeping in lofty, open, bed-chambers, daily ventilated by freſh breezes, and of chuſing healthy ſituations for our place of conſtant reſidence.

By DIET is meant our food, or meat and drink taken into the ſtomach for nouriſhment, which being digeſted, and rendered *chylous or milky*, at laſt enters into the compoſition of fleſh and blood: They may therefore be conſidered as the very *Elements* which conſtitute the ſubſtance of animal bodies. Hence, many changes from ſickneſs to health, may gradually be brought about by *food of different qualities*, adapted to the nature of particular diſeaſes, which could

could not ſo eaſily be effected from medicinal ſubſtances; for, the firſt is continually received into the body in large quantities, and conſtitutes the very elements of its exiſtence, but the laſt are only given by grains, and ſcruples, for weeks or days.

Such a ſalutary change may rather be expected, becauſe, many ſubſtances are found to retain their natural qualities, in a conſiderable degree, after being digeſted and tranſmitted into the blood. Thus *Turpentine* and *Aſparagus* will affect the ſmell of urine; *Madder root* conſtantly taken with food will *tinge the bones red*; and *meadow garlick*, or *elder leaves*, on which cattle have accidentally fed, will communicate to their milk, a ſtrong, diſagreeable flavor.

Both *animal*, and *vegetable bodies* originate from ſlender beginnings: The bulk ſuperadded to the body of an infant, 'till it advances to the utmoſt period of growth, is all derived from the nouriſhment of its meat and drink; and the *acorn* unfolds its

ſtamina, and gradually becomes an *Oak* by juices borrowed from the Earth.

In what manner *aliment* becomes *chyle*, is ripened into blood, and converted into bodily ſubſtance, has been fully ſhewn in treating of digeſtion, page 187; but how nutritious matter, which before was ſenſeleſs and inert, at laſt becomes tranſubſtantiated, and endowed with *intellectual Feeling* in the Brain and nervous ſubſtance; how that feeling is ſo diverſified in different ſenſes of the body, as by means of the ſame organ, *viz.* the Nerves, to ſee in the *Eye*, hear in the *Ear*, and taſte in the *Tongue*, is rather matter of aſtoniſhment than inveſtigation.

In the cure of diſeaſes, *Pythagoras* preferred regimen in diet, chiefly of the *vegetable kind*, to the uſe of medicines; and determined the choice of its nature and quantity by the niceſt rules of temperance. *Aſclepiades*, the famous Bythynian phyſician alſo founded his practice on diet, and exerciſe; and we find that *dietetic* and *gymnaſtic* inſtitutions

inſtitutions ſo much prevailed among the ancients, that they cured many diſeaſes, of the *chronic kind*, with little aſſiſtance from medicines.

The *Regimen of Diet*, ſhould not only be adapted to particular ages and conſtitutions, but alſo to the nature of climates, and degree of the patient's exerciſe. When the quantity is too great, the veſſels will be over-loaded, and the body oppreſſed; if too ſmall, it will waſte and decline.

Exceſs impairs the diſtinct uſe of the reaſoning faculties, and renders the perceptions of the mind more dull and unfit for ſtudy or deep meditation. In a word, *whatever deſtroys the due ballance between the ſolids and fluids will produce ſickneſs and diſeaſes*; ſo that either very high or low living may injure health, but of the two extremes, the firſt is infinitely moſt common, and productive of greater danger; ſince the ſeveral inſtances of *Longevity* are chiefly to be found among thoſe who live on *ſpare* and *ſimple*

diet. On the other hand, men who live intemperately, and fill their veſſels, even to the extreme of burſting, frequently die before their time, of *apoplexies* or other violent diſeaſes.

The good effects of temperance are acknowledged by all, but duly regarded by few.

He who means to be a *rational Epicure*, and to exalt the pleaſure of eating beyond the reach of a ſenſualiſt, ſhould eat with *ſimplicity* and *moderation*, for then only, he *will taſte with his natural appetite*. If rich fauces, and high ſeaſoned diſhes are grateful to ſome, ſuch do not poſſeſs the genuine palate of nature, but one which is depraved; for children and young people diſreliſh all ſuch aliment, and never grow fond of it, till their taſte is vitiated by habit and bad example.

Thus when the food and palate are both in their natural ſtate, the reliſh is high, and the body duly nouriſhed; but when by the

arts

arts of compound cookery, the firſt is deprived of its ſoft, balmy quality, and rendered almoſt *cauſtic* by ſalt, cayan-pepper, and other high ſeaſoning, it ſtimulates the languid appetite, turns round the wheels of life too rapidly, and wears out the body before its time. Whereas, thoſe who abſtain from much wine, ſpirituous liquors, or hot ſpicy aliment, acquire an exquiſite degree of delicacy in the ſenſe of taſting, and in general are much longer lived.

If the qualities and taſte which things naturally poſſeſs are right; thoſe communicated to them by the too officious hand of art, muſt ſurely be wrong. The cool, refreſhing *melon*, a native of ſcorching climates, intended to quench thirſt and allay heat, is often robbed of its genuine properties by a profuſion of pepper; and *acid fruits*, which would ſtrengthen the ſtomach and reſiſt autumnal putrefaction, are loſt in the taſte of ſugar.

Thus the beneficent ſimplicity of nature is ſuperſeded by cuſtoms which luxury has introduced; and it muſt be confeſſed, with regret, that in the affairs of human life, many are more guided by the example of others, than by reaſon, or their own underſtanding; and, indeed, there is nothing ſo ludicrouſly abſurd, that will not derive ſanction from cuſtom, and the prevailing faſhion of the times.

In fixing a ſtandard for *Temperance*, our own feelings, or even the cuſtom of the place, would be very inſufficient guides: We ſhould rather obſerve, in what degree of vigor and perfection animal life is ſupported among ſuch of the poor as live on the moſt ſimple fare, and in a manner conformable to nature.

If many of the *Iriſh*, with *milk* and *potatoes*, enjoy perfect health, and exerciſe all the faculties of body and mind; if the *Perſians*, who were a brave and warlike people, ſubſiſted chiefly on *bread* and *creſſes*; and whole

whole nations, who ſeldom eat fleſh, but only *rice* and *fruits*, live long and healthy; we might in this country, ſubſtract largely from our *full, animal diet*, and with great advantages to the conſtitution. When imaginary wants are diſcarded, real ones will ſoon be ſupplied. We ſhould endeavour to diſtinguiſh the inſtinctive calls of Nature, from the artificial cravings of a depraved appetite. A whimſical palate is a troubleſome companion, and makes much larger demands than is its due. If the ſtomach refuſes natural food, it ought to do penance and be ſtarved into compliance.

General rules, however, reſpecting *diet*, muſt always have their particular exceptions, according to the different conſtitutions for which they are directed. *Vegetable food* is leſs nouriſhing and more flatulent than that of the *animal kind*; but it reſiſts putrefaction, and is moſt proper for thoſe of ſtrong, bilious habits.

How far the conſtitution may be changed by vegetable diet, is evident in thoſe who have been cured of *inveterate ſcurvies* by the plentiful uſe of *freſh vegetables*, and *pure water*; and inſtances are not wanting, where even the iraſcible paſſions have been, in a great meaſure, ſubdued by the ſame means.

Aretæus mentions the cure of a *leproſy*, by total abſtinence from animal food, and the conſtant uſe of vegetables, in thoſe afflicted with that loathſome diſeaſe; who, from fear of infection, had been abandoned by ſociety, and driven out into deſert places.

Pure water, a *ſimple medicine* of ſovereign efficacy, is that elemental fluid deſigned by Nature for the nouriſhment of all bodies, whether *animal* or *vegetable*; it ſoftens the food in the ſtomach, attemperates corrupted bile, diſſolves the ſharp ſalts and rancid oils, and waſhes them out of the body by the ſecretion of urine. How ſuperior is this ineſtimable liquor, guſhing from the pure boſom

ſom of a rock, as from the cellar of Nature, to all the artificial compounds which luxury, or human invention can deviſe.

The ſickly ſtomach often thirſts after a draught of the cryſtal ſpring, as the greateſt cordial, whilſt it nauſeates the richeſt wines. Indeed, wine, beer, and all other made liquors, are only water ſophiſticated with different proportions of oil, ſalts, and ſulphurs, ſo altered by *fermentation*, as to ſet their ſpirit at liberty, which then taken into the body, produces a *narcotic effect* on the nerves, and occaſions intoxication.

I am far from ſuppoſing that thoſe liquors can never be beneficial; and would only infer, that they are often prejudicial by abuſe, that they only become neceſſary from cuſtom, that they ought to be uſed with great moderation, and rather as *cordials* than *common drinks*.

That water is beſt which is perfectly clear, inſipid, light, and which will inſtantly lather with ſoap; but clearneſs is not ſo certain

certain a teſt of goodneſs, as its lightneſs; for the petrifying ſpring at *Knaſborough*, loaded with ſtony particles, is extremely limpid. *Diſtilled water*, or that which has paſſed a *filtering ſtone*, is pureſt; and its lightneſs may be determined by the *Hydrometer*.

Water-Drinkers, and thoſe who chiefly live on *vegetables*, are obſerved to be more healthy, and long-lived than others: In ſuch, the faculties of the body and mind are more ſtrong; their teeth more white, their breath is more ſweet, and their eye-ſight more perfect, than in thoſe who take fermented liquors, and much animal food. They are leſs ſubject to the *Gout*, *Gravel*, *colic*, or *ſcurvy*; to *hyſterics* or *apoplexy*, and acute diſeaſes in general.

Quadrupeds, living on fleſh, are fierce in their nature and the exhalation from their bodies is putrid and offenſive; whereas cows, ſheep, and other animals, which feed

on

on herbage, are much more gentle; their breath is ſweet, and their excrement almoſt inodorous,

From what has preceded it appears, that *much animal food* is unwholeſome; eſpecially to thoſe of *bilious habits*, in warm, moiſt weather; it will load the body with *rancid oils*, ſpoil the ſweetneſs of breath, render the ſeveral diſcharges more offenſive, and diſpoſe it to diſeaſes of the putrid kind; which may beſt be prevented, or cured by vegetable, aſceſcent diet, a total abſtinence from fermented liquors, and the liberal uſe of *pure water*, with freſh orange, or lemon juice.

Ripe fruits, infuſion of inner bark of the elder tree, green pine tops, and dandelion root, are all *ſimple medicines* of the powerful kind: they abound with a vegetable diſſolving ſoap, and will be highly beneficial to thoſe of groſs habits, inclined to ſcurvy, dropſy, or diſeaſes of the liver.

Bentikoe,

Bentikoe, near a century ago, beſtowed extravagant encomiums on the uſe of *Tea*, but like a true medical enthuſiaſt, erred in the extreme, ſince daily experience ſhews it pernicious to people of *lax ſolids*, and *weak nerves*. The internal flutter which it often occaſions, eſpecially *Green Tea*, and its remarkable effect in *preventing ſleep*, ſhew that it makes ſome peculiar impreſſion on the nerves. However, uſed in moderation, with a large addition of milk, I believe it will ſeldom do harm.

Sugar is not ſo pernicious as ſome have imagined. It may be obtained from *vegetable juices*, as well as *animal fluids*: It abounds in the ſkirret, red beet-root, and other plants; and freſh new milk whey, in Summer, affords a conſiderable quantity.

Vinegar, than which a more ſovereign, *ſimple medicine* is not to be found, but being cheap, and at every one's ſervice, it is often diſregarded, to make way for things of higher price, and inferior efficacy. Moderately

derately taken, it aſſiſts digeſtion, cures head-ache, ſtrengthens the nerves, and powerfully reſiſts putrefaction.

Every animal is ſurrounded with its own atmoſphere, conſequently the cleaner ſuch bodies are kept, more pure and wholeſome will be that *Air* which is conſtantly taken into their lungs; a circumſtance of more moment to health than is generally imagined; for *putrid fevers*, and *jail diſtempers*, equal in malignity with the plague itſelf, are chiefly occaſioned by naſtineſs and corrupted air.

Nothing can be more grateful and refreſhing to the ſtomach in a morning than a draught of pure, cold, ſpring water, after waſhing the mouth; it cools and attemperates the blood, and reſiſts that *putrid tendency* which prevails after reſt and long faſting. *Platnerus* wrote an incomparable treatiſe on diſeaſes proceeding from want of cleanlineſs; and I would wiſh it to be remarked,

marked, that nothing ought to be conſidered as trifling that has the leaſt tendency to preſerve health.

Early riſing, particularly in ſummer, alſo contributes greatly to health, pleaſure, and convenience; for in the morning, the body is more active, and the faculties of the mind more diſtinct and clear. We might here add, that going ſoon to bed has likewiſe its peculiar advantages, notwithſtanding the joys of twelve o'clock; even plants themſelves have a kind of inconſcious repoſe; which did not eſcape the attention of that *Immortal Poet*, whoſe comprehenſive ſoul was familiar with all Nature, who peep'd into the bottom of a cowſlip, for the "cinque-ſpotted crimſon drops; and ſaw the "winking marybuds begin to ope their "golden eyes" at the glorious Sun's approach.

An *over-lax* or *tenſe* ſtate of the ſolids, as well as a depravity of blood, are productive of many diſeaſes, all which may be relieved by

by the effects of *diet* and *exercise*. Abstinence or rest relax the solids, and dissolve the blood; and pure water, with *nitre*, contributes to the same end. Agreeable to this observation, the blood of labouring people, who have strong solids, is rich, thick and florid; whilst that of the weak and sedentary, is pale, crude, and watery: Therefore exercise, dry air, the Peruvian bark, steel, and cold bath, will brace up the fibres and enrich the blood.

Much *salt* taken with food is extremely hurtful, for it communicates to the blood a *briny acrimony*, destroys the taste, hardens the fibres, produces scurvy, and hastens old age. Plentiful dilution with soft, pure water, is an effectual remedy for such complaints.

A fresh supply of solid food, before the last meal is perfectly digested and turned into blood, is highly pernicious; but as I have remarked the injuries arising from *long fasting*, at page 194; a glass of spring water,

or diſh of tea, may be proper to diſſolve, and aſſiſt the ſtomach in getting rid of its remains.

If the patient after eating is oppreſſed at ſtomach, ſleepy, affected with internal throbbing, and flushings in the face; in a word, if the body and mind are much leſs vigorous and fit for action than before, he has then exceeded the proper quantity of food. How far its qualities are of conſequence to health, may evidently be ſeen in the moſt ſtriking of all calamities, a *famine*, which is often followed by the *plague*, from the extreme ſcarcity of wholeſome food.

By EXERCISE is meant that general voluntary action of the muſcles which puts the body in motion, as well as its paſſive agitation in a carriage, or on horſeback, where it does not properly move itſelf, but is moved by ſomething elſe: The firſt is always preferable to the laſt, where the ſtrength is ſufficient to allow it.

It

It has been remarked in the Section on Nervous Diſorders, that by the propelling force of the heart, the ſtream of blood is driven through its ſeveral pipes and ſtrainers; but this great inſtrument of circulation, tho' admirably adapted for that purpoſe, is not ſufficient to keep up the blood's motion in the ſmalleſt order of veſſels, without the contractive power of the muſcles by *exerciſe:* In what manner it contributes to that end may be demonſtrated, by the ſimple experiment of ſqueezing a lancet-caſe or any ſolid body in the hand, after opening a vein, where the blood paſſes too ſlowly from the orifice; but when the muſcles are contracted, it inſtantly ſpouts out in a full ſtream.

Herodicus, the maſter of *Hippocrates*, who is ſaid to have recovered himſelf by the power of exerciſe, was the inventor of the *Gymnaſtic Art*, as the means of *preſerving*, or *reſtoring health.* If this ancient phyſician urged his practice to a faulty extreme, by

thus attempting, too indiſcriminately, to cure all diſeaſes; ſurely many of the moderns are as much to blame, in expecting to remove them without it; particularly thoſe of the *chronic kind*, which generally ariſe from weakneſs, or ſome fault in the ſolids, to which the ſalutary power of exerciſe is immediately applied.

Exerciſe or bodily motion increaſes *animal heat* by the ſame law of nature that the electric globe, in whirling round, collects *fire*; hence it renders the blood more fluid, and promotes its free and equal diſtribution thro' the whole vaſcular ſyſtem. Many diſeaſes therefore, proceeding from weakneſs and a defect of circulation, or cold cauſe, may, by exerciſe, be effectually relieved; ſuch as *nervous* and *hyſterical diſorders*, *agues*, a *dropſy*, *rheumatiſm*, and *palſy*.

In a word, motion is the very ſoul of nature; for whenever animal, and vegetable bodies, or even the elements of *water* and

air

air remain too long at reſt, they depart from their original qualities; the firſt tend to diſſolution and decay, the laſt become putrid and highly noxious.

Every fibre of a living body is endow'd with an *obſcure vibratory motion*, which permanently exiſts throughout the whole ſyſtem, even when it is apparently at reſt; and from the exertion of *this living principle*, increaſed or put into additional motion by exercíſe, *atmoſpherical fire* is actually collected, in quantity proportionate to the degree of its motion.

Although this may at firſt appear a very extraordinary poſition, nothing is more obvious and experimentally true; ſince motion collects heat ſomewhat in the ſame manner, even in inanimate bodies, for iron may be hammered till it becomes hot, and the ſimple attrition, or rubbing of one body againſt another, produces ſimilar effects.

The diffuſion of *atmoſpherical fire*, which pervades, actuates, and gives life and mo-

tion to the parts of matter in general, ſeems to have been wiſely oppoſed by the Author of Nature, to the univerſal law of *attraction*, which tends to concentrate, and bring them together. Hence by alternate *attraction* and *repulſion*, the motion of the whole material ſyſtem is uniformly ſupported. Without fire, water would become ice; vegetation would be deſtroyed, and even the blood of animals converted into a ſolid maſs.

From what has preceded, it will follow, that too much or little fire thus collected in the human ſyſtem muſt be equally injurious to health. Thoſe, for example, who are young, have ſtrong *elaſtic fibres*, and uſe *violent exerciſe*, will be in danger of ſudden fluxes of blood from the noſe or lungs, as well as pleuriſies and other inflammatory diſorders; and on the contrary, others who are old, of a *phlegmatic conſtitution*, and inactive life, will be ſubject to *Agues*, *Dropſy*, *and Rheumatiſm*, a *venous Plethora*, or over-

fulneſs

fulneſs of the veins, producing ſwellings, ulceration of the legs, and bleeding piles.

As the animal juices are accumulated by nouriſhment, and reſt; and conſumed by abſtinence, and motion; it is a circumſtance of the higheſt importance to health, to proportion them duly, that the natural ballance may be kept up between the ſolids and fluids.

Moderate Exerciſe is one of the moſt ſovereign remedies of which we are poſſeſſed, either in preſerving, or reſtoring health: It increaſes the natural heat of body, invigorates the heart, and promotes an equal diſtribution of blood. It aſſiſts the ſecretions of *perſpiration*, *urine*, and *Stool*; ſtrengthens appetite and digeſtion, renders the body leſs liable to the malignant influence of weather, or to the attack of putrid diſeaſes; in ſhort, it animates every part of the human ſyſtem, and alſo gives alacrity and vigor to the mind.

The ſalutary power of *Exerciſe*, and *good Air*, is particularly exemplified in hand-working, country people, who, notwithſtanding their indifferent food, are generally hearty and ſtrong. They have a much better appetite, and digeſtion than the *rich* and *indolent*. By the increaſe of heat conſequent of *Exerciſe*, the oily and watery parts of their food, ſuch as it is, will be more uniformly mixed, and worked up into a proper degree of richneſs, and conſiſtence to nouriſh the body.

Exerciſe, by walking in a dry, freſh air, is remarkably beneficial to thoſe of weak ſolids, and pale watery blood; for it perceptibly increaſes their ſtrength, and renders the face more *florid*: From this local alteration of the conntenance, we may conclude the effect is general; and that the blood being rendered more fluid, by an additional degree of vital heat, is now capable of circulating through veſſels of the extremeſt fineneſs, which were impervious

vious to it before; and upon thoſe ſimple principles it may clearly be ſeen, why *Exerciſe* will be found the moſt ſovereign remedy in all *Chronic Diſeaſes* proceeding from lax fibres, and a cold cauſe.

In thoſe indeed, of lean, dry habits, who live abſtemiouſly, and are far advanced in years, exerciſe is not ſo neceſſary, or beneficial; becauſe it increaſes that rigidity of the fibres which then too much prevails, and conſumes the moiſture which old people, from the diſſipation of their blood and juices, are leſs able to ſpare.

I have remarked elſewhere that *riding, on horſe-back* is extremely beneficial to the *conſumptive*; and that friction on the legs, arms and belly, with hot flannels, twice a-day, is of the utmoſt ſervice to weakly people who are apt to take cold; becauſe it generates heat, and promotes circulation.

Swinging is productive of the like benefit; from the great reſiſtance to bodies ſwiftly moving through the air. Hence it is

manifeſt, *atmoſpherical fire* will be collected by ſuch *exerciſe*, and that its quantity will proportionate to the velocity of the body ſo moved.

If this was not the caſe, thoſe when thus violently impelled through the cold atmoſphere would be almoſt chill'd to death; whereas, on the contrary, they find themſelves warmer than before.

How different is ſleep, after *exerciſe*, from that produced by the effects of liquor, or a full ſtomach? The firſt is tranquil and refreſhing, the laſt diſturbed with dreams, ſuffocation, or night-mare; and heat ſuddenly obtained from a large fire, does not occaſion that pleaſurable, and permanent internal glow, as when gradually acquired by *bodily motion*. In ſhort, *Activity* is the parent of *Fortitude* and *Health*; but *Indolence* begets *Timidity* and *Diſeaſes*.

To conclude, we have now ſeen how *Intemperance* and *Irregularity of the Paſſions* may wear out the animal ſyſtem and anticipate

its

its decay. In ſuch as ſupinely ſubmit to their power, *the Sun will go down at noon*; whilſt the votary to *Temperance* may probably arrive at old age, without diſeaſes, or pain; Tho' he was born to die, the bond of union between the ſoul and body will rather be gently unlooſed than forcibly torn aſunder. When his radical moiſture is exhauſted, as in a lamp deprived of oil, the vital flame will languiſh, and at laſt muſt needs be extinguiſhed!

The ſtate of the *Body* and *Mind* have been repreſented as they really are, not as we might wiſh to find them. We have endeavoured to ſhew their *mutual influence*, and how they co-operate with each other; what condition *fits them for health*, or *tends to introduce diſeaſes*; how they are alter'd by the *effects of age*; ſubject to the internal controul of *inordinate paſſions*; outwardly expoſed to the power of a *malignant atmoſphere*; and inſenſibly perverted by the prevalence of *pernicious habits*.

If

If ſuch are their various affections, and if *our manner of living, changes the manner of thinking*, and influences our moral conduct; thrice happy they who have been accuſtomed to *early Temperance*, and the due *regulation of their Paſſions*, as powerful motives to Virtue, and the ſureſt means of *preſerving health, prolonging life*, and taſting its pleaſures with the dignity and refinement of rational beings.

THE END.

SUPPLEMENT.

Neceſſary Inſtructions for thoſe who conſult a Phyſician by Letter.

TISSOT, at the concluſion of his *advice to the people*, remarks that the ſucceſs of medicines greatly depends upon a very exact, previous knowledge of the diſeaſe for which they were adminiſtered, he therefore has ſet down *ſeveral queſtions* to be anſwered by thoſe patients who may find it neceſſary to conſult a phyſician by letter.

Conſidering the vague, and imperfect manner in which ſome people endeavour to make known their complaints; their tedious recital of many unintereſting circumſtances, and omiſſion of others neceſſary to be known; ſuch inſtructions appear to have been highly requiſite. I have therefore, after his example, here ſubjoined ſuch particular queſtions as are proper to be anſwered by

by female patients in ſtating their caſes, which will render them more clear and intelligible.

From inattention to the *following queries*, and the addition of ſeveral particulars foreign to ſuch caſes; many of the Letters with which I have been honored, were drawn out to an immoderate and unneceſſary length.

What is the patient's age, habit of body, and manner of living?

How long has ſhe been ill; from what apparent cauſe was her diſorder brought on, and what was the manner of its firſt attack?

Is the periodical diſcharge regular; is ſhe pregnant; or has ſhe ever had Children?

Are the patient's complaints attended with pain, thirſt or fever: and is her ſtrength much exhauſted?

Are they conſtantly the ſame, or if otherwiſe, at what particular times do they grow worſe?

Has

Has ſhe pain and giddineſs in the head, oppreſſion at ſtomach, or difficulty of breathing?

Is ſhe affected with ſickneſs and vomitings, or a nauſeous, bitter taſte in her mouth?

What is the natural State of her bowels, as to being coſtive or laxative?

Is the urinary diſcharge deficient in quantity, and perſpiration obſtructed; is ſhe reſtleſs, or does ſhe enjoy refreſhing ſleep?

What is the place of the patient's reſidence, and ſtate of the Air; is it cold, and dry, or warm and moiſt? What Medicines has ſhe taken, how long, and what were their effects?

Simple

Simple Forms of Medicine referred to in the preceding Work.

THE medicines here ſet down, being compoſed of few ingredients, may be had of the *Apothecary*, nearly at the ſame expence as if the articles were bought ſeparately, and prepared by the patient; ſuch *Forms* being chiefly added to aſcertain the *Quantity* and *Quality* of Medicines peculiarly adapted to the *Female diſorders*, previouſly treated of.

When medicines are diſpoſed of at an under value, they cannot be ſuppoſed good; thoſe who are deſirous to recover their health, and expect them *genuine*, ſhould have them from an *Apothecary* without regard to price.

Note, To avoid confuſion; the number of the different medicines here referred to,

is

is regularly continued; and wherever any medicine is omitted at its particular figure, there is always a reference to a former number, where the ſame medicine had previouſly been ſet down.

Anodyne or Compoſing Pill. No. 1.

Take of ſtrained Opium, two grains; Almond Soap, one ſcruple; Peruvian Balſam, two drops; let them be perfectly mixed and divided into ſix pills. To be taken as directed at page 53.

Strengthening Infuſion. No. 2.

Take of freſh powdered Peruvian Bark, one ounce; yellow rind of Orange-Peel, three drams; infuſe them twenty-four hours with a pint of boiling water, in a large tea-pot kept gently warm; let them be ſtirred now and then, and to the ſtrained liquor, add three drams of compound ſpirit of lavender, and of confection of Alkermes half an ounce. A Tea-cup full may be taken as directed at page 66.

Anodyne

Anodyne Opiate Pill. No. 3.

The ſame as No. 1, which ſee, and take as directed at p. 67.

Strengthening Pills. No. 4.

Take of the ſoft extract of Peruvian bark, two drams, fine powder of Myrrh, and Salt of Steel, of each one dram, Eſſential Oil of Cinnamon, four drops; mix them well together, make the whole into a maſs and divide it into forty Pills, to be taken as at p. 67.

Opiate Mixture. No. 5.

Of ſimple Mint-Water, ſeven ounces, Mindererus's Spirit, half an ounce, Thebaic tincture, forty drops, Syrup of White Poppies, half an ounce. Take two ſpoon full occaſionally, as at p. 75, till the flurry of ſpirits, and pinchings in the bowels go off.

Antimonial Vomit. No. 6.

Take of Emetic Tartar, two grains, Spring Water, one ounce and half, Oxymel of Squills, three drams. To be given as at p. 76.

De-

Deobſtruent Pills. No. 7.

Take of Socotorine Aloes, extract of black Hellebore, and Almond Soap, of each one dram, eſſential oil of tanſy, four drops; make them into a maſs for forty pills; to be taken as at p. 76.

Strengthening Infuſion. No. 8.

Infuſion, No. 2, to which add one dram of the Acid Elixir of Vitriol, and take as mentioned at p. 84.

Aſtringent Injection. No. 9.

Take of Alum, and White Vitriol, in powder, of each one dram, diſſolve them in one pint of boiling water, and when cold filter the ſolution through paper.

It may be uſed milk-warm, with a womb ſyringe, as directed at p. 85, twice a-day.

Cathartic or Purging Draught. No. 10.

Take of limoniated Infuſion of Sena, two ounces, in which diſſolve three drams of Manna, Compound Spirit of Lavendar one dram. To be taken as directed at p. 94.

Alterative Decoction. No. 11.

Take of cut Sarſaparilla Root, one ounce and half, boil it ſlowly in a quart of pure, ſoft water, to the conſumption of half; and to the ſtrained liquor, add one pint of the Strengthening Infuſion No. 2. A Tea-cup full may be given as mentioned at p. 94.

Cathartic or Purging Draught. No. 12.

The ſame as that at No. 10, which uſe as directed at p. 95.

Cooling Ptiſan. No. 13.

Take of Sena leaves, and Cryſtals of Tartar, of each three drams; Black Tamarinds one ounce. Infuſe them in a pint of boiling ſpring water; and of the ſtrained liquor take three or four ſpoon full, as the caſe, at p. 96, may require.

Reſtorative Infuſion. No. 14.

Take of the Alterative Decoction No. 11, one pint, Soft Extract of Peruvian Bark, two drams. To be given as directed at p. 97.

Reſtorative

Reſtorative Strengthening Infuſion. No. 15.

Take of Reſtorative Infuſion No. 14, half a pint, Elixir of Vitriol, forty drops.

To be given as at p. 103.

Volatile Liniment. No. 16.

Take Oil of Almonds, one ounce and half; Volatile Aromatic Spirit, three drams; Thebaic Tincture one dram; ſhake them together 'till they incorporate, and let a tea-ſpoonful be rubbed in upon the back and loins twice a-day, as directed at p. 104.

Strengthening Plaſter. No. 17.

Take of common Plaſter two ounces; Myrrh and Frankincenſe in fine powder, of each half an ounce; melt the common plaſter and add the reſt, by degrees, till they incorporate. To be ſpread on leather, and applied to the ſmall of the back as directed at p. 104.

Purging Potion. No. 18.

Take the Purging Draught No. 10. It may be given as directed at p. 105.

Alterative Pill. No. 19.

Take of the Mercurial Pill, according to the *Edinburgh* Diſpenſatory, and extract of Hemlock, of each one dram; mix, and divide them into twenty pills; which take as directed at p. 105.

Strengthening Bitter Infuſion. No. 20.

Take of freſh powdered Peruvian Bark, one ounce, tops of leſſer Centaury, and freſh rind of Seville Orange-Peel, of each half an ounce; infuſe them in one pint of boiling water, for twenty-four hours; to the ſtrained liquor add two drams of the bitter Tincture of the *London* Diſpenſatory; and take as directed at p. 105.

Aperient Apozem. No. 21.

Take of the freſh root of Dandelion, ſlic'd, three ounces; boil it ſlowly in one quart of ſoft water to the conſumption of half; to the ſtrained liquor, add three drams of ſoluble Tartar, and two drams of compound Spirit of Lavendar. To be taken as at p. 120.

Uterine

Uterine Injection. No. 22.

Take of the infuſion of White Poppy Heads, ſtrained, one pint; *Goulard*'s extract of Lead, one tea ſpoon full; Tincture of Myrrh, three drams. To be uſed as mentioned at p. 121.

Saline Mixture. No 23.

Take of freſh Lemon Juice one ounce and a half, Salt of Tartar one dram; add ſix ounces of ſimple Cinnamon water, and half an ounce of the ſyrup of Orange-peel. Two or three ſpoon full to be taken occaſionally, as directed at p. 121.

Anodyne Clyſter. No. 24.

Take two large white Poppy Heads bruiſed; of dried Elder Flowers, half an ounce; boiling water half a pint; to the ſtrained liquor add twenty or thirty drops of Thebaic Tincture. To be adminiſtered as at p. 121.

Alterative Decoction, No. 25.

See this decoction at No. 11, which give, as directed at p. 122.

Hemlock Pills. No. 26.

Take of the extract of Hemlock one dram; essential oil of Peppermint, two drops; divide the mass into twelve pills, one or two of which may be taken twice a-day, as mentioned at p. 118, either alone, or with the Alterative Decoction, No. 122.

Astringent Injection. No 27.

See this Injection No. 9, which use as directed at p. 134.

Strengthening Infusion. No. 28.

See this medicine at No. 2, of which give a tea-cup full twice a-day, in the case mentioned at p. 134.

Astringent Injection. No. 29.

See Injection no. 9, which use as directed at p. 139.

Opiate Pill. No. 30.

See this Pill No. 1, which may be given every

every ſix or eight hours, ſhould the caſe be extremely urgent, as at p. 144.

Laxative, Balſamic Mixture. No. 31.

Take of Spermacæti, diſſolved in the yolk of a freſh egg, two drams, pure Water ſeven ounces, Magneſia Alba two drams, Nitre half a dram, Balſamic Syrup half an ounce. A tea-cup full to be taken every two or three hours, as directed at p. 144.

Emetic Draught. No. 32.

See this vomiting draught No. 2, and which take as at p. 144.

Anodyne Julep. No. 33.

Take of the Tincture of Red Roſes, according to the *London* Diſpenſatory, ſeven ounces; Tincture of Cinnamon three drams; Thebaic Tincture, forty drops; Syrup of Red Poppies half an ounce. To be taken as at p. 150.

Strengthening Infuſion. No. 34.

See this Medicine No. 2, of which give a tea-cup full twice a-day as directed at p. 158.

Laxative Mixture or cooling Ptiſan. No. 35.

See the Mixture No. 13, which may be taken as at p. 159.

Strengthening Infuſion. No. 36.

See this Medicine No. 2, of which give a tea-cup full twice or thrice a-day, as at p. 160.

Anodyne Pill. No. 37.

This Pill at No. 1, which may be taken as at p. 160.

Opiate Clyſter. No. 38.

See this at No. 14, to be adminiſtered as at p. 171.

Cooling Lotion. No. 39.

Take of the Sugar of Lead half a dram, Spring Water half a pint. To be uſed as directed at p. 172.

Opening Electary. No. 40.

Take freſh Pulp of Caſſia one ounce, Flake Manna half an ounce, Cryſtals of Tartar, in extreme fine powder, three drams; Syrup of Red Poppies, a ſufficient quantity

to

to make the whole into an electary, to be taken in the quantity and manner mentioned at p. 172.

Pile Ointment. No. 41.

Take of the White Ointment of Elder, according to the London Diſpenſatory, one ounce; White Wax one dram; Sugar of lead, half a dram, grind the laſt with a few drops of oil, then let the whole be melted over a very ſlow fire, ſtrain it thro' a flannel and ſtir it till cold. To be ſpread on fine linen rag and applied to the affected part as mentioned at p. 172.

Strengthening Infuſion. No. 42.

See this infuſion no. 2. to half a pint of which add half a dram of nitre, and take as directed at p. 173.

Anodyne or Opiate Emulſion. No. 43.

Of the common emulſion, made with blanch'd almonds, one pint, Thebaic tincture, forty drops; take a cup full frequently when in pain, or as the caſe mentioned at p. 176 may require.

Ne-

Nephritic Emulſion. No. 44.

Take of the Anodyne Emulſion, No. 43, half a pint, Lixivium of Tartar, one dram. Three or four ſpoon full may be taken occaſionally, as at p. 178, when affected with gravel.

Strengthening Infuſion. No. 45.

See this medicine at No. 2, and take it as directed at p. 180.

Anodyne Emulſion. No. 46.

See this emulſion at No. 43, which take as required at p. 183.

Emollient Bolus. No. 47.

Of the compound powder of Gum Tragacanth half a dram, Syrup of white poppies a ſufficient quantity. Take as directed at p. 183.

Balſamic Mixture. No. 48.

See this mixture No. 31, of which take a ſmall cup full, as occaſionally required at p. 183.

Al-

Alterative Decoction. No. 49.

See this medicine at No. 11, which take as required at p. 184.

Opiate Pill. No. 50.

See this pill, No. 1; it may be occaſionally taken, as at p. 212.

Stomachic Tincture. No. 51.

Take elixir of aloes half an ounce; Volatile tincture of Guaiacum two drams, mix. A tea ſpoonful may be taken occaſionally in allſpice tea, as indicated at p. 212.

Madame Nouffer's Worm Powder. No. 52.

Root of *Male Fern*, in fine powder, two drams, mix it in any liquor, and take it in bed early in the morning; two hours after, the following bolus is directed. Take of the Panacea of mercury, and dry reſin of ſcammony, each, twelve grains; of gamboge, five grains; reduce them into fine powder, and make a bolus, with a ſufficient

ficient quantity of ſyrup. See p. 215. This bolus ought never to be directed without great caution, and proper advice.

Stomachic Pills. No. 53.

Take of the aromatic pill, according to the London Diſpenſatory, two drams, divide into twenty pills, and take one every night, going to bed, or as indicated at p. 219, waſhing them down with a ſpoonful of tanſy tea.

Aromatic Plaſter. No. 54.

Take of the ſtomach plaſter, of the London Diſpenſatory, a ſufficient quantity, let it be ſpread on fine leather, and applied warm to the pit of the ſtomach, as at p. 219.

Peruvian Tincture. No. 55.

Take of the fineſt, freſh powdered Peruvian bark, one ounce; *Cinnamon Buds*, and leſſer Cardamom ſeeds, huſk'd, of each, one dram; proof ſpirit, half a pint; let them digeſt for a week with a ſlow heat, and in a cloſe corked bottle which ſhould frequently be

be ſhaken. Filter the tincture thro' paper; and take two tea ſpoon fulls, or more, two hours before dinner, in Bath, Pyrmont water, or orange-peel tea, as directed at p. 221.

Diuretic Mixture. No. 56.

Take of vinegar of ſquills, one ounce and half; ſalt of tartar, one dram; when the fermentation is over, add of peppermint water, ſix ounces; tincture of antimony, two drams; Thebaic tincture, one dram; ſyrup of orange-peel, half an ounce. Take two ſpoon full, as indicated at p. 335, and repeat the doſe, occaſionally, 'till it produces a ſenſible evacuation by urine, or otherwiſe.

Aperient Apozem. No. 57.

See this apozem at No. 21; of which take a large tea-cup full twice or thrice a-day, as directed at p. 337.

Sudorific Powder. No. 58.

Take of emetic tartar, three grains; ſtrained opium, dried and reduced into powder, four grains; magneſia, one dram; mix

mix them perfectly, and divide into ſix papers of powder; one of which may be taken in a ſmall quantity of any liquid, going to bed, ſo as to raiſe a ſweat, as directed at p. 342.

Sudorific Julep. No. 59.

Camphorated Julep, ſeven ounces; *Mindererus's* Spirit half an ounce, mix and take two ſpoon full occaſionally, as indicated at p. 342.

Medicated, Alterative Juices. No. 60.

Take of the freſh juices of Green Walnuts, before they begin to ſhell, of Seville Oranges, Garden Scurvy-graſs, and Water Creſſes, of each half a pint; mix and let them ſtand 'till the dregs ſubſide; pour off the clear liquor through a flannel ſtrainer, and add one ounce of the fineſt Flake Manna, which diſſolve without heat. Take a tea-cup full, once or twice a-day, as directed at p. 350, and let the Juices be often freſh prepared, leſt they ſhould ſpoil by long keeping.

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